

GOUT AND RHEUMATIC GOUT  
A NEW METHOD OF CURE

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DR. FOAKES

SEVENTH EDITION.



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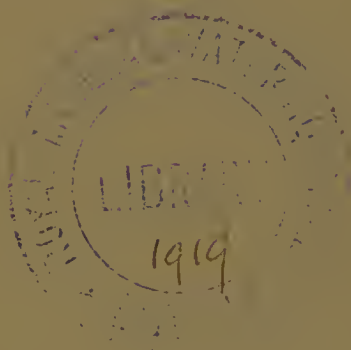
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## EXTRACTS FROM OPINIONS OF THE PRESS.

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### PUBLIC OPINION.

. . . Sufferers from these painful maladies, in placing themselves under the author of this admirable little work, will know that their respective cases will receive the benefit of a large and carefully studied experience.

### MORNING ADVERTISER.

. . . We now pass from the deleterious nature of Mercury and Colchicum to the new practice of Dr. Foakes. This, of course, like most really great discoveries, is extremely simple. . . .

### WESTERN DAILY MERCURY.

. . . An eminent London physician has just issued a valuable little work, as the result of many years of care and satisfactory experience, and he clearly demonstrates that Gout and Rheumatic Gout are not only to be cured, but also prevented. . . .

### COURT CIRCULAR.

. . . Dr. Foakes has written a very able and interesting treatise on the subject, which we commend to the notice of the public and the profession. . . .

### CIVIL SERVICE GAZETTE.

. . . Dr. Foakes' straightforward statement of facts is ungar-  
nished by technicalities, and has all the appearance of being a har-  
binger of comfort to sufferers from these painful forms of disease.

## OPINIONS OF THE PRESS.

### VICTORIA MAGAZINE.

. . . Dr. Foakes has himself carefully worked for years the method he advocates, and fearlessly appeals to the results of the experience thus gained. . . . We should like to remind our readers that Dr. Foakes is also well known for his untiring energy and successful treatment of Cholera during the fearful outbreak in 1866.

### BIRMINGHAM DAILY GAZETTE.

Dr. Foakes, the author of this valuable little treatise, has evidently devoted much time and study to the treatment of a disease which he designates as a "national scourge." . . .

### ERA.

. . . We can cordially recommend this *brochure* to the attention not only of the members of the profession, but to all who are, or who are in the habit of, suffering from these painful diseases.

### THE QUEEN.

. . . The instructions given are scarcely sufficient for self-treatment, though doubtless many martyrs to pain would willingly consent to make the experiment, backed by such an authority.

### WEEKLY TIMES.

. . . Dr. Foakes' new method will be a great boon to thousands of sufferers.

### BRIGHTON TIMES.

. . . The work is well worthy the attention of those who suffer from any form of this disease.

### LINCOLN GAZETTE AND TIMES.

. . . After showing the dreadful results of the prevalent use of these dangerous remedies, Mercury and Colchicum, Dr. Foakes passes to his new practice, which is said to have been attended with wonderful results. . . .

### MALVERN NEWS.

. . . This little book ought to have a wide circulation. . .

## OPINIONS OF THE PRESS.

### BRIGHTON DAILY NEWS.

. . . Dr. Foakes has written a little book which may well inspire a hope of alleviation, if not of cure, in the most confirmed sufferer from those distressing maladies, Gout and Rheumatic Gout. . . .

### HAMPSHIRE ADVERTISER.

. . . Sufferers from these complaints have reason to be thankful to Dr. Foakes.

### BATH AND CHELTENHAM GAZETTE.

. . The cases detailed of the results of the routine treatment in Gout and Rheumatism are alarming; and Dr. Foakes traces to the use of Mercury what are called "chalk-stones," and a change from Acute to Chronic Gout, or to Chronic and Rheumatic Gout.

### BRISTOL MERCURY.

. . . Dr. Foakes has devoted constant systematic attention to the pathology and treatment of these allied disorders, and he seems to have been uncommonly successful in their cure. . . .

### BATH JOURNAL.

. . . Dr. Foakes proves by the examples cited that his simple means, intelligently applied, are sufficient to grapple with the most obstinate cases.

### BRIGHTON HERALD.

. . . This is a most interesting little treatise by one who has evidently made a long and careful study of one of the most painful and distressing maladies that flesh is heir to. . . .

### NAVAL AND MILITARY GAZETTE.

. . . The author's object is to prevent the frequency and severity of the attacks, without using Mercury and Coleicum, and without weakening the patient's constitution. . . .

### THE SPORTING GAZETTE.

. . . The efficacy of Dr. Foakes' new method of treatment of these diseases is fully substantiated by the number of successful cases of permanent cure which are cited, in some instances of long confirmed and chronic Gout. . . .



## OPINIONS OF THE PRESS.

### THE MEDICAL PRESS AND CIRCULAR.

We quite agree with the denunciation of the writer against the abuse of Mercury. . . . Altogether, the treatment of Gout recommended is sound and rational.

### CHEMICAL NEWS.

. . . The author has for many years adopted a somewhat exceptional although a chemically sound treatment for cases of Gout and Rheumatic Gout, which he describes in the work before us. . . . The views of such men as Dr. Foakes and Dr. Bennett are, we are glad to say, beginning to gain ground amongst the medical profession. . . .

### CHRISTIAN WORLD.

. . . If the facts stated in this little volume are true—and we are assured on private testimony that they are—then Dr. Foakes will take rank as a benefactor of his species. . . . We think it a public duty to call attention to this book.

### THE EXAMINER.

. . . It is clearly written, and undertakes to show how these maladies may be cured by simple and harmless remedies, without recourse to such detestable poisons as Calomel and Colchicum.

### SPECTATOR.

. . . Lay opinion will certainly go with Dr. Foakes in his condemnation of the poisons generally used. . . .

### GENERAL BAPTIST MAGAZINE.

. . . This book is really a very valuable one, and embodies the results of long experience and careful study. Dr. Foakes has earned, and deservedly, the grateful thanks of all sufferers from these distressingly painful maladies, who have been fortunate enough to avail themselves of his sound, rational, and efficacious treatment.

### MORNING POST.

. . . Will interest and instruct its readers. . . .



# GOUT AND RHEUMATIC GOUT:

## A NEW METHOD OF CURE.

BY

JOHN W. FOAKES, M.D.

OF THE UNIVERSITY OF GIESSEN;

LICENTIATE OF THE SOCIETY OF APOTHECARIES, LONDON.

SEVENTH EDITION.

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WYMAN AND SONS,  
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TO  
THE RIGHT HONOURABLE  
SIR GEORGE HAMILTON SEYMOUR, G.C.B., G.C.H.,  
ETC., ETC., ETC.,  
THE FOLLOWING PAGES ARE INSCRIBED,  
IN PLEASANT REMEMBRANCE OF THE PAST  
AND AS A TOKEN OF  
THE AUTHOR'S  
SINCERE REGARD AND ESTEEM.



## PREFACE TO FIRST EDITION.

IN the following pages no attempt has been made to produce a scientific text-book, solely for the perusal of those who, like myself, are in the daily pursuit of increased medical knowledge; but it is to the sufferers from Gout and Rheumatic Gout that I more particularly address myself.

With this end in view, I have written in the plainest manner, avoiding, whenever I could, technicalities, confining myself entirely to an unvarnished statement of facts, and dealing only with the details of these diseases and their prescribed remedies, in a style which every sufferer may understand.

This will, I trust, go far to show how much already has been and can be done, not only to cure these distressing maladies, but to prevent their recurrence. The cases of cures could have been swelled to a very large number, but as their details would have appeared very similar in print—although widely differing in each individual patient—I am induced to think the selection made will, without wearying my

readers, afford sufficient evidence of the successful results of my treatment.

Some years ago, I was urgently entreated by my patients to publish my method of treating Gout and Rheumatic Gout; but having witnessed the recantations of so many of the published opinions of some of the most distinguished of my professional brethren—the apparent result of their more matured experience—I declined to put forth my treatment until I had, by time and further experience, so thoroughly tested it, that I had cleared up every doubt which suggested itself to me, as to its reliability in every possible form of these disorders.

Perfectly convinced on all points of the value of my method, and in deference to the pressing solicitations of some former patients, whose professional acquaintance has ripened into friendship, I now accede to their request, and issue these few sheets upon Gout and Rheumatic Gout, fully intending at some future period, when the demands upon my professional time will allow, to publish a work upon those diseases, which will be written purely for the profession.

J. W. F.

*2nd November, 1870.*

## PREFACE TO SEVENTH EDITION.

IN issuing the Seventh Edition of my work, it is with no little satisfaction I am able to assure my readers, that the increased experience I have acquired in curing many hundreds of severe cases of Gout and Rheumatic Gout, has not inclined me to alter the opinions or the treatment, set forth in my First. On the contrary, my continuous success has established my adhesion to both more firmly than ever; and that (as I stated in my Sixth Edition) my treatment has been of the greatest benefit to many who were before hopelessly suffering, is a fact of which I have daily most convincing proofs.

In the course of his arduous profession, the physician has no greater stimulus to his exertions, than the consciousness that the knowledge he has attained through care, study, and deep researches, is of value; and that he is enabled, by diffusing this knowledge, to relieve



sufferers from any painful malady. It is therefore with much gratification, I assure my patients, that the good I have been enabled to do them in the cure of their diseases, and the grateful testimonies I have received from them, have been the greatest pleasures of my professional career.

I have worked so sincerely in this cause, and so earnestly desired to disseminate my experience, that I trust this Seventh Edition of my work may be the means of the greater development of a system, that I am convinced is, at the present time, the most valuable in the cure of Gout and Rheumatic Affections.

I may further add, that so soon as my engagements will permit, I purpose issuing a Treatise on "Suppressed Gout, and the unnecessary use of Alkalies," subjects of the highest importance, but which, I regret to say, are very imperfectly understood.

JOHN W. FOAKES, M.D.

45, SOUTH STREET,

GROSVENOR SQUARE, LONDON,

FEBRUARY, 1878.

## C O N T E N T S .

---

- Acute Rheumatism and the effects of Mercury, 8.  
Alkaline Drugs, their effect in Gout and Rheumatic Gout,  
7, 79.  
Alkaline Urine, effect of, 78, 105, 113.  
Author's method of treatment, 54.  
  
Bennett, Dr., experiments with Mercury, 33.  
Bile, flow of from Liver, not increased by Mercury, 34.  
Bladder, relief from Stone in the, 113 ; Stone in the, 79.  
Blue pill, its results, 29 ; personal experiments with, 29 ;  
its effects on a dog, 32.  
  
Calculus from Kidney, 112.  
Calomel, effects in Rheumatism and Rheumatic Gout, 13.  
Case of a gentleman, 21 ; of a lady of title, 13 ; of a lady  
suffering from Acute Rheumatism, 8 ; of a lady suffering  
from Rheumatic Gout, 13 ; of a man cook, 68 ; of a  
merchant, 70 ; of a waiter, 66 ; of a lady, 83 ; of a  
tavern-keeper, 94 ; of a tradesman, 98 ; of a gentleman,  
99 ; of Suppressed Gout, of a lady, 83 ; of a lady, 88 ;  
of an admiral, 93 ; of a gentleman, 96 ; of Gout, of a  
clergyman, 82 ; of a gentleman, 90.  
Cases of inflammation of the lungs, 28 ; of pure Gout, 43 ;  
of Rheumatic Gout, 66 ; of severe Rheumatic Gout, 60 ;  
of the evils of Colchicum, 21.  
Cause of difficulty in the cure of Gout, 57.  
Chalk Stones, 77.

- Colchicum, 22 ; a temporary palliative, 3, and the increase of Gout, 6, and self-doctoring, 20, 23 ; case of its evils, 21 ; effects of, 17, 18 ; effects in Gout, 3 ; opposed on principle, 25 ; personal experiments with, 36 ; warning against, 20 ; what it causes, 77.
- Cure, prevention better than, 40 ; rapidity of, 71 ; the true method of, 26.
- Cure of Calculus in the Kidney, 111.
- Cure of Gout in the Eyes effected, 90.
- Cures of Gout effected, 15, 43, 65, 81, 88, 90.
- Cures of Rheumatic Gout effected, 8, 13, 14, 21, 24, 60, 66, 68, 70, 72, 83, 84, 91, 94, 97, 98.
- Cures of Suppressed Gout effected, 83, 88, 93, 98.
- Depressing after-effects unknown by this method, 73.
- Diet, 43 ; in Rheumatic Gout, 56, 59.
- Drugs tested, 79 ; Alkaline effects of, 7, 79, 114.
- Experiments, with Mercury, 29 ; with Mercurial unction, 32.
- Fever caused by Mercury, 77.
- Gairdner, Dr., " On Colchicum," 17.
- Gout, by what curable, 76 ; can be cured, 49, 80 ; increase of, attributed to Patent Medicines, 6, to the use of Colchicum, 6, to the use of Mercury, 6 ; Mercury, a poison in, 34 ; method of cure, 38, 41 ; neutralized, 5 ; prevented, 49 ; symptoms to be noted, 40 ; eradicated by this method of treatment, 5 ; cures of, 15, 43, 66, 81, 88, 90, 102, 105, 106.
- Gouty and bilious subjects contrasted, 49.
- Grey powder, effects of, on a dog, 32.
- Kidney calculus, 111.
- Memory, loss of, by a gentleman, 108.
- Mercurial unction, experiments with, 32.

- Mercury, a poison in cases of Gout, &c., 34, and the increase of Gout, 6 ; at best but a temporary palliative, 3, 78 ; causes fever, 77 ; causes contraction and diseases of the joints, 77 ; its effects in Gout, 3 ; its terrible effects, 8 ; opposed on principle, 25 ; personal experiments with, 29 ; proof of its effects, 29 ; superseded by Rhubarb, &c., 35 ; treatment for its expulsion, 54 ; unnecessary in liver complaints, 35 ; Dr. Bennett's experiments with, 33.
- Method of treatment for Gout, 38 ; for Rheumatic Gout, 53 ; of curing Gout, 41.
- Non-injurious remedies for Gout and Rheumatic Gout, 79.
- Patent Medicines, and the increase of Gout and Rheumatism, 6 ; their composition, 37 ; their mischief, 25, 81.
- Personal experiments, with Blue Pill, 29 ; with Colchicum, 36 ; with Mercurial unction, 32 ; with Mercury, 29.
- Practical results of experience, 76.
- Recent cures, 81 to 114.
- Rheumatic Gout and the use of Calomel, 13 ; by what curable, 76 ; case of, 70 ; cures of, 15, 23, 60, 66, 68, 70, 82, 83, 84, 91, 94, 97, 98, 104, 109, 110 ; diet in, 56, 59 ; Mercury, a poison in, treatment for, 34, 59.
- Rheumatic temperament, 58.
- Rheumatism and the effects of Mercury, 8 ; Mercury a poison in, 34.
- Self-doctoring, 23, 25 ; and Colchicum, 20.
- Stone in the Bladder, relief from, 113.
- Strength supported by this method of treatment, 39.
- Suppressed Gout, cures of, 83, 88, 93, 98, 108, 111.
- Symptoms to be noted by patients, 41.

Turkey Rhubarb, experiments with, 34.

Urate of Soda, 77.

Urine, analysis of, necessity for repeated, 75

Urine, alkaline, effects of, 78, 105, 113.

Warning against Colchicum, 20.

# GOUT AND RHEUMATIC GOUT :

## A NEW METHOD OF CURE.

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IN prescribing for any disease, it is one of the most important duties of the physician to select for his patients such remedies as shall be the least baneful in their constitutional after-effects. Unfortunately, however, in the anxiety to relieve bodily suffering, resort is too often made to medicines that at the time do no more than suppress the symptoms of the complaint. As the cause still remains, these symptoms return after an interval, and have again to be checked by similar means ; then, if the medicines taken be such as accumulate in the system, the result will be a change in the patient's state, concurrent with the deterioration of his constitutional vigour, from acute to chronic disease.

The medical knowledge that can prevent this

change is never more valuable to patients than when they are constitutionally predisposed to, and are periodical sufferers from, Gout or Rheumatic Gout. These views, I am sure, will be supported by all physicians of extensive experience in treating those complaints; for they will not fail to recall the condition of numerous patients, in whom the results I have indicated have been so fully developed that at last it was almost impossible to discriminate between the effects due to medicines, and those arising from the original complaint.

So much has been written upon the subject of these painful and, in too many instances, fatal disorders, but so little upon any reliable curative treatment, that my principal object in writing is to call the attention of those most interested to a method of cure I have originated, by which Gout and Rheumatic Gout can be so treated that the frequency and severity of the attacks are prevented, without using such depressing and injurious medicines as Mercury and Colchicum, and without weakening or undermining the patient's constitution.

When first consulted for these diseases,



the constant complaint I hear from sufferers is that the medicines which a year or two since generally relieved them, now no longer produce the same effect, even when taken in much larger doses. The frequent reiteration of this statement from all classes led me to the conclusion that such agents were not curing the disease; that, even when they appeared to be effectual at the time, they were only giving temporary relief at the expense of permanent injury to the sufferer's constitution. And when, in addition to this fact, I found that patients taking similar medicines had more frequent attacks, and were left weaker and weaker after each succeeding attack, until their state was such that increased doses had not the power, as before, of warding off even the pain attending the seizures, the proof became irresistible that medicines of the nature of Mercury or Colchicum only acted as temporary palliatives of Gout or Rheumatic Gout, and did nothing to free the patients from the cause of their malady, or to retard the period of its return. On the contrary, it was demonstrated that in a few years—sometimes even in a few months—persons treated in this way

became so constitutionally debilitated that they became sufferers from chronic disease.

Soon after directing my especial attention to the study and treatment of these diseases, I was led on step by step to this settled conviction ; for the majority of the patients who consulted me admitted that at some time or other they had taken Mercury or Colchicum. I was, therefore, impelled to test the medicinal action of these two common remedial agents in cases of Gout and Rheumatic Gout. When by experiments I had completely satisfied myself of the true action of those medicines, I commenced a series of other experiments, to discover, if possible, more reliable and less depressing drugs, in the hope of finding a better method of treatment ; for I was able now to appreciate the reason why similar doses, acting upon the same patient, had less and less power to relieve the pain and disease, and why, after a few attacks, he gradually, but surely, became a sufferer from the chronic instead of the acute form of the complaint. And I believe these experiments have, for practical purposes, enabled me to understand the causes of Gout and Rheumatic Gout, and to originate a special treatment for

those complaints that will surely and speedily relieve the patient's suffering and cure his disease.

Some years' experience of the results of this method enables me to assert that my treatment, while very speedily relieving the pain and curing the attack from which a patient may be suffering, at the same time neutralizes the *cause* of his malady, thus to a great extent preventing its return; and as this treatment cannot injure his constitution, it makes him much less liable to the complaint.

After having seen the continuous improvement in the health of those patients who have for some time followed my advice, I feel justified in stating that, under my method of treatment, attacks of Gout and Rheumatic Gout are so much less frequent, and so greatly modified in severity, that in many cases the constitutional tendencies to those complaints may in time be entirely eradicated.

For years I have witnessed with considerable pain the great increase in the number of sufferers from Gout and Rheumatic Gout. In England no class is exempt from these apparently national scourges; and it is most distressing to find so few amongst those who consult me,

who do not at first express themselves hopeless of finding remedies that will do more than afford them temporary relief.

My observation and experience have led me to the conclusion that this increase in the number of Gouty and Rheumatic sufferers is to a great extent to be attributed to the following causes ; viz., to the use of Mercury and Colchicum for checking these and other diseases ; to the great reliance sufferers place in patent medicines, owing to their hopelessness of cure by other means ; to the prevalent adulteration of many articles of food, beer, wines, and spirits ; and—from the facilities of railway and other means of travelling—to the rapidly-decreasing necessity for open-air exercise ; and these conclusions are daily strengthened and confirmed by my experience of the results of my method of treatment.

I have also been much impressed, during the last few years, by the numbers of patients consulting me about some form of subacute or suppressed Gout, who have not had the misfortune to be subjected to a treatment in which Calomel and Colchicum had formed considerable elements, but who, on the other hand, had taken

Alkalies and Alkaline waters to excess. These remedies had produced temporary relief, but had not freed the sufferers from constantly recurring attacks of Gout, or the fear of them, and had, moreover, left behind considerable nervous depression. The subject of the use and abuse of Alkalies, however, as tending to induce suppressed Gout, is too large and important a subject to be cursorily discussed in the space available in this work.

Now that the experiments of Dr. Bennett as to the action of Mercury upon the liver\* show how little the profession generally have realized the effects of the drug, I feel that my views (which are entirely in accordance with Dr. Bennett's facts on this subject) are much more likely to be tested and adopted—as far as Mercury is concerned—than they would have been ten or twelve years since; yet I may add that for the last seventeen years I have never given Mercury, because I have known how disease could be cured without it. Nor have I sanctioned its use, except in a few cases, in deference to the opinions of those I

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\* *British Medical Journal*, May 8th, 1869

have met in consultation, because I firmly believe an immense amount of disease is engendered by giving this mineral, and that its disuse, by the substitution of other medicines for it, will render such diseases as Gout and Rheumatic Gout far less prevalent, less dangerous in their results, and much less difficult to cure.

In order to show the terrible changes that arise in these diseases during some modes of treatment, let me give the outlines of a case which especially attracted my observation some years since, and particularly interested me.

A lady, forty years of age, who until the time in question had scarcely known what illness was, and who was of a naturally robust constitution, caught a severe cold from standing upon a damp grass-plot, and in consequence was attacked by Acute Rheumatism, which, after a few days, settled in her right knee. This knee became and remained slightly contracted, causing a perceptible limp in walking. The contraction not yielding to the treatment of her ordinary medical attendant during some eighteen months, the complaint was pronounced to be Rheumatic Gout, and the lady placed herself under the care



of one of the leading surgeons of the day, who assured her that her malady proceeded entirely from the stomach, and that by undergoing a treatment advised by him, of low diet and blue pill, he would soon cure her. To this she submitted for three months, lived upon fish and farinaceous food, took blue pill, or some form of Mercury, with accompanying aperient draught every second or third day, confined herself entirely to the house, and was not allowed to put her feet to the ground. At the end of the three months, feeling she was daily getting weaker, that the Rheumatic pains had become so severe and continuous that she had no sleep at night without narcotics, and that a tendency to the same stiffening and pains appeared in the joints of the fingers, another medical authority was called in, when, upon examination, it was found that her left knee was as much contracted as the right had been, and that her right knee had become so much worse that, on being placed upon her feet, she could not stand. Of course, the treatment that had brought about such disastrous results was abandoned, and the patient was sent to the seaside for change of air. There



her general health improved, but the smaller joints of the extremities continued to stiffen, her knees to contract more and more, and gradually she became quite helpless. At the end of five years, the joints of her knees, ankles, elbows, wrists, and fingers, were all more or less stiffened and useless. She could neither stand upon her feet nor use her hands ; and in this state she remained for some years afterwards. Then by treatment some improvement was made in the state of her arms and hands ; she was rendered to a great extent free from pain, and was able to discontinue the use of narcotics entirely ; but the joint action of the knees and ankles had been completely destroyed, and it was not possible to recover it.

Now, what could have produced this terrible change ?

My experience replies, that it was caused by the continued action of the Mercury in the blue pill, which induced fever and disease about the joints, while the constitution was enfeebled by low diet and want of fresh air and exercise ; and by the narcotics, which were given in the latter portion of the treatment to allay pain and procure sleep, which prevented the dissemina-

tion of the inflammatory irritation caused by the Mercury, until this unhealthy perversion changed the character of the fluids around the joints of the knees, and then of the smaller joints, so that they became immovable. By the continued administration of narcotics, moreover, the chance of an effort of nature to expel the Mercury from the patient's system was prevented, and, in consequence, the lady remained a confirmed cripple to the hour of her death, which occurred some twenty-six years after the first attack of Rheumatism following the cold before mentioned. It is right to add that the patient whose case I have related came of a remarkably healthy family, and that on neither side were her parents subject to Gout or Rheumatic Gout.

This case first drew my attention to the evil consequences that arise in Gout and Rheumatism from the continuous administration of Mercury, followed by narcotics. Since then I have, unfortunately, seen very many cases in which the effects of that medicine have been, though less injurious, far from dissimilar; and from the time that by experiments I have been better able to realize the consequences of Mercury upon

the human frame, I have abstained from giving the drug under any circumstances in these complaints. In the cases treated by my method, such sad results as the foregoing have never occurred, nor do I believe them to have been possible.

When called in to see a patient who has taken Mercury in any form for Gout or Rheumatic Gout, my first object is to remove all traces of that drug from the system. This is frequently a tedious task, and very trying to the patient; but I know from past experience I can only do justice to sufferers by that course. When the system has been so freed from the injurious effects of Mercury, I have never yet failed to find the original complaint change its character, and become amenable to my remedies.

Acute Rheumatic Gout is a disease I have not found difficult to cure on this principle, and if taken in an early stage, with the treatment I advocate, it can never in any case result in the calamities daily witnessed and hourly dreaded by so many. The case I have just quoted may by some be regarded as extreme; but I regret to say thousands of English men and women are suffering from the injurious effects pro-

duced by the administration of Mercury, in one form or another, for this disease.

Let me further illustrate my argument by stating the case of a patient who, before coming to me, had been treated for Rheumatic Gout by repeated doses of Mercury in the form of Calomel.

A lady of title, whose parents were sufferers from Rheumatic Gout, and who herself had been for some years afflicted with the same complaint, finding herself getting worse and worse, and more and more helpless under the system adopted by her medical attendant, at last placed herself under my care. Upon examination, I found both knees much swollen, with considerable inflammatory action and suffusion about their joints. She had the greatest difficulty in rising from her chair unaided, and complained of much pain in the knees themselves, as well as in her shoulders, which pain was always considerably increased by any change of weather. The tongue was coated, pulse feeble, bowels constipated, complexion sallow and unhealthy, and urine high-coloured. The patient said she never perspired, and had not done so for five or six years; that she had no appetite,

and could not take half a glass of wine without its producing violent headache. Added to which she told me that for twelve months before consulting me, she had been almost sleepless from Rheumatic pains, which were so severe that she considered an hour's continuous sleep in any night quite an exception ; and this was her state after she had been under various treatments both in London and on the Continent. Upon inquiring what medicines had been given her, I found that she had at different times taken large quantities of Calomel, and for the few months previous to my being called in, had been taking nearly every night, by the advice of her physician, a pill composed of Calomel, extract of Colchicum, and extract of Colocynth ; that there was no action of the bowels if these pills were omitted ; and that the formula was only varied by an occasional five-grain dose of Calomel put upon the tongue, when any very severe paroxysm of pain in the joints, or any increase of fever occurred.

I considered the case to be one of Gout, which by the treatment had been suppressed and turned into Rheumatic Gout, and I saw no way of cure without first freeing her constitution

from the effects of the medicines she had taken.

Of course, at first I had many difficulties to contend with ; but in a few weeks my patient showed a marked improvement. The action of the bowels became regular, the tongue clean, the skin acted healthily, and the pains and inflammation in the knees subsided. In about three months from that time this lady had an attack of Acute Gout, from which I relieved her in five days, and after another slight seizure the disease was always controlled by my treatment. She quite recovered the use of her knees, and lost all Rheumatic pains. She could eat, drink, and sleep healthily ; could walk two or three miles without resting or being fatigued, and went again into society, from which the state of her health had previously excluded her. I continued to attend this lady and her family for the next seven years, during which time she followed my method of treatment whenever the state of her health required my advice ; and I find, on reference to my note-book, she suffered only six attacks of Gout or Rheumatic Gout during that time, and that with the exception of one attack—brought on by stand-



ing in the wet for six or seven hours on the Derby-day in 1863, which caused a dangerous illness of six weeks' duration—was not confined to the house by this complaint more than three days at a time, being always well by the fourth or fifth day. Thus, from the date that her system was freed from all traces of Mercury, any disarrangement or cold, which would formerly have produced Rheumatic Gout, now passed over without the appearance of the previously-dreaded enemy. Under former treatment, and for two years before she consulted me, this patient had rarely been well enough to go about ; and she told me that, during that time, she believed she was confined to the house for at least nine months.

This is one of many similar cases that have completely succumbed to my method of treatment, and which, with other experience, leads me to maintain that Mercury ought *under no circumstances to be given* ; for whatever *apparent* present benefit may be derived from its use, its subsequent effect is to depress the vital power, and so *prevent* the displacement of the poison from the blood in the way that nature, even unaided, would free the system from it. Furthermore, it



promotes a greater tendency to fever, thus increasing the deposit of urate of soda around the joints, which in time, and in gouty constitutions, hardens and becomes what are popularly called *Chalk Stones*, and brings about what in the treatment of this complaint is most to be dreaded—*a change from Acute to Chronic Gout, or Chronic Rheumatic Gout.*

I will now refer to the writings of a well-known physician to show the effect of Colchicum, another supposed sheet-anchor in the treatment of Gout and Rheumatic Gout.

The late Dr. Gairdner, in the fourth edition of his work “On Gout,” speaking of the use of Colchicum, says (page 337):—

“The first bad effect seen from too early an administration of Colchicum is that of a total failure of the remedy. The local disease is indeed relieved, but the distress of the patient is in no degree mitigated. His constitutional symptoms remain the same, and in no great length of time an explosion takes place in some other part, in all probability near the centre of the system. A metastasis has been effected, but the serious consequence is a prolonged disease, and a prolonged disease is a great injury to the constitution.”

In this opinion I perfectly agree; for in the cases I have seen, where in the early stages, a sufficient quantity of Colchicum has been

given in the hope of allaying pain, the disease, it was true, disappeared from the extremities, *but did not leave the patient*. The malady was not thrown off, but suppressed. An attack thus treated, soon reappears in a worse form, and larger doses of the drug are then required to produce any effect, until finally the patient shows unmistakable symptoms of Colchicum poisoning, in the form of intense nervous depression, which, if continued, might cause partial paralysis of some vital organ, or a dangerous diarrhoea: these symptoms only cease when the doses of Colchicum are discontinued. Here is another instance, from the same author (page 339):—

“Some years ago I was desired to visit a gentleman who had just gone through a very painful fit of the Gout, under the care of a very eminent physician, now dead. He had quarrelled with his doctor in consequence of the troublesome, but very wise, advice the latter had given. I found that the fit, from which this very foolish individual thought he was emerging, had not at all been permitted to run its course. Notwithstanding its duration, no issue had been given to the disease. It had been stopped, *in limine*, by very heavy doses of Colchicum, against all remonstrance on the part of his physician, and the earnest entreaties of his wife, for even she had learned by experience the folly of this course. The consequence was a series of devious and perplexing symptoms, with metastasis to different parts of the body. Each fresh

local manifestation of the disease was assailed by a renewed application of the poison. Every absurd error of diet was meanwhile committed. After eleven weeks of this practice, I was called to the case, and not permitted the advantage of a consultation with my predecessor. At this time, however, Nature was operating a cure after a fashion very usual to her. The patient's excesses were restrained by a total loss of appetite, and this continued until the fierceness of the disease was in some degree removed. There was little difficulty in managing him while this state of things remained. But when appetite revived, and his sufferings were in a degree abated, it was impossible to deal with the perverseness of this man. It was the month of May, and he was eager to go to the clubs, and to Parliament, which to him was nothing better than a club. He got well enough to do so, still using, as I afterwards learned, Colchicum largely and frequently. In this manner he hobbled on until the month of July. I was again desired to visit him. He was a pitiable spectacle of helplessness, pain, and querulous impatience. Nearly every joint was seized. In vain he now attempted to dictate. Everything was decided for him. During half of July and throughout August he underwent indescribable suffering.

"I believe he had the folly and injustice to ascribe this attack to his physician. I never saw him after the month of October, when he left town ; but he died four years after, of disease of the heart and hydrothorax. I have been credibly informed that he continued the use of Colchicum with the same imprudence, till it failed in giving even transitory relief, yet did not fail to inflict on him its own peculiar evils."

Can anything be more instructive than this as to the use and abuse of Colchicum ? In the foregoing case the presumed remedy prevented,

in my opinion, the natural development of the disease, and when the constitution was thus undermined, the patient died from the effects of poisoning by Colchicum.

This drug is largely resorted to by those who doctor themselves. Their very ignorance of all medical science, of all the disastrous consequences that must sooner or later follow the use of this dangerous medicine, causes them to be deaf to all persuasion against it, and as time advances, the disease increasing, so is increased the dose of this poison—*miscalled a remedy* !

I would strongly warn all who imagine they find a boon in patent medicines advertised to cure Gout and Rheumatic Gout, that these preparations invariably contain a greater proportion of Colchicum than even the most stanch friend of that drug can have the faintest belief ; so that in resorting to their use they are resorting to the use of an instrument which may eventually cause their death. I cannot, therefore, in justice to my experience, speak too strongly in its disfavour. I have seen such fatal results occur from its use, such lamentable cases have been submitted through it to my care, I have seen so many lives, if not lost, embittered

and made useless by it, that I feel bound to hold out a warning against the drug in the strongest and most serious language I can adopt.

One example amongst many will serve as an illustration of the dire effects of Colchicum—better than the most earnest words of warning, and for this purpose I append the following:—

Some time since I had under my care a gentleman whose case had been considered hopeless, and whose complicated diseases—originating in Rheumatic Gout—were daily wearing away his life, to the profound grief and distress of those who witnessed his sufferings. There seemed to be no hope for him. He had been treated for Jaundice, for Disease of the Kidneys, for Inflammation of the Bladder, and at one time—some months before consulting me—for Aneurism of the Heart. He was a sorrowful creature to look upon. From contraction and swelling of the joints, together with extreme debility, he was obliged to be wheeled in his chair from the bedside to his place by the fire, and so back again—the only change he had. His eyesight was very dim, and his hearing greatly impaired. Daily vomiting after any solid food made the very sight of nourishment so obnoxious to him

that it was difficult to persuade him to take anything. A continuous thirst, which nothing could alleviate, was one of the many slighter evils he had suffered for seven weeks before I saw him. His bowels were either constipated, or, for three or four days together, in a state of uninterrupted diarrhoea, so foetid that it was necessary to constantly use chloride of lime or other disinfectant in his room. His diseases at length becoming so complicated, and there appearing daily new difficulties to contend with, his friends were hopeless that a cure could be effected. In such a state I was asked to see him and to give my opinion. I did so, and my opinion could have been very easily given in the one word—*Colchicum*! I knew the wretched enemy of old, and saw at once, in every suffering and misery of the patient, the diseases its use had caused.

The only questions for solution were: Had this drug too surely done its work? Was this man, not then forty years of age, to be hewn down in the prime of life through this fatal mischief? Or was it possible that by my treatment I could cure his disease and restore him to health?

I felt so secure in my experience that I had



*some* hope, and imparted it to those most anxious for his recovery. From that day—one in the first week of January, 1866—I continued my task. By means of close and strict inquiry and much cross-examination, I made the discovery I expected, viz., that the patient had for two years previous to October, 1865, been *treating himself* for Rheumatic Gout. He had, he said, at that time ignored all medical advice, finding that he derived no real benefit from it, and that his purse grew considerably lighter ; so that from the perusal of some book he mentioned, he determined to “cure himself.” This was the cure: Colchicum in small doses ; Colchicum in larger doses ; a few bottles of a French tincture ; then back to Colchicum in larger quantities ; a bottle or two of some patent specific highly recommended for the cure of Gout ; back again to Colchicum in *very* large doses, with a meagre diet and cheap foreign wines—great enemies to English stomachs—and so on and on, backwards and forwards, till disarrangement of every description at last compelled him again to seek that professional advice he had so foolishly ignored. As I have already said, he had been treated for almost every internal disorder that

affects the system, and from the injudicious use of powerful drugs, entailing additional and unceasing suffering, he became the wretched object I was called in to see.

I began by first attacking the seat of most of his present miseries—the stomach. This I did with the medicines I principally use in the cure of Gout,\* and then I attacked the inward fever by other remedies.† The kidneys and bladder under this treatment became more healthy in their action, and at the end of sixteen days I had so far conquered the internal wrong that the bowels acted naturally, the skin towards night had often a slight moisture, and the thirst was greatly abated. From that time my patient's amendment became gradually more and more evident, and in three weeks I had him downstairs. Five days afterwards I got him out for an hour's drive, and within a month of first seeing him he was able to transact considerable business (which for twelve months previously he could not do), and to take carriage exercise every day. His joints were still stiff and slightly contracted, particularly the left

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\* See page 41.

† See page 58.



elbow and right knee, and these will, I fear, ever partially remain so—a result which I attribute to the use of Calomel in the earlier stages of the disease.

In three months more the patient no longer needed my professional attendance, as his appetite had become healthy, and with attention to a few of my dietary instructions, and an occasional resort to my remedies, I felt convinced he would become, excepting the slight lameness and some stiffness in his arm before alluded to, as well as ever he was in his life.

In quoting this case, my principal object is to show some of the effects of Colchicum, and the mischievous consequence of *self-doctoring* with *patent medicines*, as well as the great value of properly-selected remedies in the treatment of such diseases as Gout and Rheumatic Gout, not only in their earlier stages, but in their worst and most complicated forms. In these maladies, I believe that no remedy that really removes from the system the *cause* of the complaint ever produces permanent depression. This is the result of my experience; and hence I am opposed on principle to the administration of Mercury or Colchicum, both of which I believe to be

positively injurious in their primary and secondary effects, and in my opinion the injudicious and excessive use of these drugs makes complaints chronic, and causes patients to suffer more than they would if the diseases were permitted to run their course.

Nature when left to herself will, if her organic powers are not entirely destroyed, always to a great extent repair the mischief done ; but when her operations are counteracted by mistaken applications, her recovering efforts are annihilated. Left to herself she has some chance ; ignorantly interfered with, she has none.

We all know that there is only one true method of endeavouring to cure any disease ; and that is, by discovering what are the changes that have taken place in the system of the patient, and in what particulars his present state differs from his healthy condition. In a word, what in his or her case causes the malady. When the cause has been ascertained, the course to be followed is to endeavour by the least injurious remedies to restore to a healthy state those functions which are found to be *un*-healthy. The application of the proper remedies will at once result in the improvement of the patient ; but it must always

be remembered that the depression of the patient's constitution will be less, and the rapidity of his recovery will be greater, in proportion to the harmlessness of the remedies employed.

It is upon these principles I give the medicines I use in the cure of Gout and Rheumatic Gout, and in acute cases a few hours rarely fail to remove all pain, and a few days to complete the cure. Beyond this, I find that the tendency of this treatment is to lessen the frequency as well as the severity of the attacks. In fact, I have many patients who, from being in a constant state of dread lest any sudden cold or exposure should bring on an attack of Gout or Rheumatic Gout, now rest perfectly satisfied that under my treatment they need fear no such misery.

To show the means whereby I arrived at my conclusions, the following details are appended:—

Some years ago, observing the very injurious consequences of taking Mercury, I was led to experiment, with the view of obtaining a medicine that should produce a better effect upon the human frame than this drug, and at the same time avoid its mischievous results.

Accident brought to my knowledge the case of a young friend who, from exposure for two hours in the night air during the month of March, was next day seized with a severe attack of inflammation of the lungs. As I knew him to have been in good health two days before— young, strong, and as unlikely to suffer such an attack as any one I could have selected—I made it a point to discover the cause of his illness. I learned from him that he had felt dull and depressed, and that on the Friday he had consulted a physician in London, who prescribed five grains of blue pill at night and an aperient in the morning. This he took, and it had the effect of relieving the bowels seven or eight times on the Saturday, and making him feel exceedingly weak. That night he was for two hours on the outside of a coach, much exposed to cold, which he felt, as he expressed it, “go through him like a knife.” He slept badly, and the next (Sunday) morning he was seriously ill with acute inflammation of the right lung.

This case was one of those in which the use of Mercury had evidently caused a great predisposition to cold ; for the gentleman previous to this illness had been hunting twice a week all the

winter, occasionally wearing his wet clothing for some hours, and yet had never enjoyed better health. Looking upon this case as I would, I could not believe that he would have been so ill except for the Mercury. I then made up my mind that I would prove its effect upon the constitution by actual experiment upon myself, and I found that, taking a blue pill at the commencement of a feverish cold, the attack lasted much longer; that its effects were more depressing, and the power to throw it off greatly lessened; that there was always in a few days a tendency to feverish symptoms, to rheumatic pains in the limbs, more or less severe according to the quantity of blue pill taken, and that I was more sensitive to all atmospheric changes. I then tested the effect of five grains of blue pill and a purgative for an attack of biliary disturbance and headache. The following day after taking the dose I felt less languid, and my headache was gone. On the third and fourth days I was not so buoyant, and experienced some return of the old symptoms. I repeated the dose, and was again relieved, but not so effectually. I continued to take this dose every third or fourth day for about eight weeks. By this

time I found the medicine so much less apparent in its results that I had to increase it to ten grains to produce the former effect. This, however, did not prevent a series of symptoms occurring daily during the five weeks I continued this dose, that I could attribute to nothing else than the effects of Mercury upon the system. The action of my skin was less healthy, and I did not perspire so freely. I had more thirst, my appetite was more variable, my digestive powers became slightly impaired, and all the symptoms of biliary disturbance were at times much aggravated, except for a few hours after the action of the blue pill. My tongue became habitually coated and furred, my pulse was irregular ; I was continually taking cold upon cold, and each one depressed me more and more. I became much more sensitive to atmospheric changes, and decided rheumatic pains appeared in my shoulders, arms, and knees, after being exposed to the rain for an hour or two ; added to which I was more indolent and lethargic, and found I had no other resource than to increase the quantity of stimulants I was in the habit of taking. In short, my system was suffering from *chronic*



*mercurial poisoning*, that would, had I continued the dose some few days longer—if it had not produced salivation—have ended in either Jaundice, or Gastric or Rheumatic Fever. I then discontinued the blue pill, and altered the treatment with the object of freeing my system from its effects. As the remedies began to act upon me the symptoms I have described gradually subsided, and at the end of three months I was again in a healthy state, with a clean tongue, sound appetite, no flatulence or indigestion, and no rheumatic or neuralgic pains in my limbs. This experiment I made at a time when I was living a very sedentary life. I afterwards repeated it when I was out every day in the fresh air, taking strong walking exercise, and the result of the second trial confirmed my former experience. The same train of symptoms showed themselves, but in some respects in a less severe form, except that getting wet always produced rheumatic pains, accompanied by more or less fever. Still, they were perfectly recognisable as the effects of the Mercury, and with its discontinuance and alterative treatment they subsided as before. In both these experiments I was par-

ticularly careful to regulate the doses so as to avoid salivation—in which I was successful—being most anxious to learn practically the *cumulative effects* on the system of Mercury taken in *repeated small doses*.

Knowing from experience the uncertain action of Mercury taken internally, not only upon different individuals, but upon the same patient when given at different times, I then tried Mercurial unction, and carried it to a point just short of salivation, and in a still less time I discovered it possible to produce all the same symptoms. I then made a series of experiments upon animals, and found that a strong pointer dog, after a few grains of grey powder, or a grain or two of blue pill, repeated a few times once or twice a week, was languid, restless, thirsty, and most unwilling to go out into the wet; that, although at first the medicine had the advantage of making his coat more glossy and fine, after a few days the animal would set his back up when taken on to damp ground, and I had great difficulty in getting him to enter a field of wet turnips. Indeed, there was no more doubt in my mind as to the effects of Mercury upon the animal than upon myself; for when



I had so physicked the dog as to free his system from the drug, all these symptoms disappeared, and he was as willing as ever to bear cold and exposure to wet. This treatment I repeated in many instances on other animals, and invariably with similar results. These experiments were all made before the year 1861, and it is with great satisfaction I am able to refer to those of Dr. Bennett, made in 1867 and 1868, and reported in 1869, as offering the strongest confirmation of my experience.\*

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\* "A belief in the Cholagogue action of Mercury upon the liver is almost universal among medical men and among the public at large. In every work on *Materia Medica*, it is assumed as a settled fact that Mercury increases the biliary secretion; and every lecturer on *Therapeutics* inculcates it as a well-established truth. For centuries, the treatment of diseases of the liver, especially in our Indian possessions, has for its chief feature the various methods of administering Mercury. Even at the present day, although the abuse of this drug has been decried, its employment is still thought necessary in some form or other of hepatic disease. We shall not enter upon the discussion of its merits or demerits—the wonderful cures which it has effected according to some, or the injured health or shattered constitutions which it has produced, according to others.

"There can be no doubt that the answer to the question whether Mercury did or did not increase the biliary secretion had become one of paramount importance; but the inquiry involved labour and difficulties which few were prepared to encounter. We are proud to say that a Com-

Of course, with the knowledge thus practically gained, there was no difficulty in detecting numerous instances of the mischievous effects of this drug; and I became quite satisfied that under *no* circumstances and for *no* constitutions should it be prescribed, whilst any less baneful remedy could be found capable of producing the required medicinal results, and that in cases of Gout, Rheumatism, or Rheumatic Gout, it is a *positive poison*.

After numerous experiments on the medicinal action of different drugs, I satisfied myself that the finest Turkey Rhubarb in pills,\* with an occasional aperient in the form of Castor Oil or

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mittee of members of the British Medical Association at length undertook the task: and their Report has definitely determined that Mercury, in whatever manner, dose, or form it may be administered, has not the slightest influence in increasing the flow of bile from the liver."—*British Medical Journal*.

\* This Rhubarb pill is not to be confounded with the compound Rhubarb pill of the British Pharmacopœia, which is composed of rhubarb, aloes, and myrrh. Its medicinal action is entirely different.

I think it right to remark that I have been in the habit of employing only the finest Turkey or Russian Rhubarb for these pills. Now, however, this drug is not obtainable in England, and, to ensure the genuine quality required for my purpose, I import it direct for my own special use.

an Emulsion prepared from Castor Oil, and an Aromatic tincture which, thus combined, I knew would act very vigorously on the liver, and produce all the effects claimed for Calomel, or blue pill. By continuing the Rhubarb pill every night, I have regulated the action of the bowels in the most severe cases of Gastric Fever, in the treatment of which I have never since given a grain of Mercury. Should the bowels not act freely with the pill after the first dose of Castor Oil, I repeat the Oil on the second or third night, instead of the pill, and in cases where the patient has taken much powerful medicine, I sometimes increase the quantity of Rhubarb in the pills. I have now had about 20 years' experience of these remedies, which have never yet failed me in quickly producing all the presumed effects of Mercury or Calomel, and my patients have thus been saved from the injurious after-consequences of these pernicious drugs.

I have no hesitation in stating, *as an undeniable fact*, that Rhubarb and Castor Oil, administered in combination according to my method, render the use of Mercury in any form unnecessary in the treatment of those complaints in which the

regulation of the action of the liver is a necessity.

This fact I cannot too strongly impress upon the notice of my brother practitioners, and although it may not be accepted as such in routine practice, it is nevertheless *a truth*, which I have so thoroughly proved, that I am firmly convinced if they will but test it as carefully as I have done, they must arrive at the same conclusions as myself.

Having thus endeavoured to prove the injurious effect produced by Mercury, and having described the substitutes I use for this pernicious drug, I will now refer to Colchicum, with which medicine I also experimented upon myself. In small doses frequently repeated, it produced upon me, after the third or fourth day, nervous depression, prostration of muscular strength, depression and irregularity of the action of the heart, with nausea, thirst, and loss of appetite—in larger doses, violent diarrhœa, followed by partially paralyzed action of the bladder. These symptoms however soon ceased on a discontinuance of the medicine, by taking remedies to strengthen the digestive organs, and by a general tonic treatment, and I more speedily recovered from the

effects of this drug than from those produced by Mercury.

Having thus tested the effects of Mercury and Colchicum separately, I must confess that I did not care to try, to the injury of my constitution, the drugs in such combination, as they are commonly prescribed, or to be found in some patented pills advertised to cure Gout, Rheumatism, and Rheumatic Gout. For all practical purposes it was sufficient for me to be able, from actual experience, to recognize the symptoms produced by each. These experiments were made for guidance in my practice—to enable me to realize the exact effects of Mercury and Colchicum, because I would not give my patients drugs, the value of which in these diseases I doubted, and the action of which I had not taken the pains to test satisfactorily; and although such experiments formed the basis of my method of treatment when they were made, they were made too roughly for me to desire to place them before the medical world as scientific tests, they being the result of treatment on one person only. But now that experience and success have strengthened my views, I feel

that for the benefit of sufferers, and for the practical information of my professional brethren, there is no longer any reason to withhold them. Having thus so thoroughly proved my method, I do not hesitate to pledge myself to its efficacy, and feel bound to make it known as widely as possible.

The immediately preceding remarks are made to show the reasons for my method, and to prove that there *are* medicines which will produce, not only *present* advantageous results upon a patient's malady, but *future* benefits to his constitution.

Those only whose lives have become a burden to them from the injudicious recourse to medicines which custom has forced into use, will thoroughly appreciate the announcement. Leaving, then, this statement of principle to work its own way, I now turn to the main subject of this work, viz., my method of treating Gout and Rheumatic Gout.

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## GOUT.

In the treatment of Gout as well as of Rheumatic Gout, my method recognises as an es-



sentia! point of practice, that the physician should never neglect any possible means of supporting his patient's strength, by such nourishing food and stimulants as will not aggravate the malady, and throughout the treatment the necessity for upholding the constitution should never be forgotten. If this system be carried out, the disease will be much more easily cured, the period of convalescence will more quickly arrive, and the chance of a return of the complaint will be less. The excess of pain that a patient undergoes in Gout or Rheumatic Gout tends greatly to wear out the frame, and lessen, not only the muscular but the more vital powers, both of which therefore need to be carefully upheld. But I fear, in the physician's desire to subdue the inflammatory symptoms attending these diseases, the excessive strain imposed upon the nervous system and the physical energies of the patient is too often, if not altogether forgotten—made so secondary a consideration that exhaustion frequently supervenes before the physician is prepared for it. Then comes the unfailing consequence of that increased debility—the disease attacks the more vital organs, and the result is fatal.

The symptoms of Acute Gout are so well known by the profession and the sufferers themselves that they need no description here. Nevertheless, it cannot be too strongly impressed upon all afflicted with this complaint, that they should try to notice—each one for himself—those early warnings which presage an attack, and then immediately seek the advice of a medical man, who ought to be able to mitigate its violence, and in many instances prevent it altogether. I have been frequently told by patients that they would prefer to allow the disease to run its course, in the hope that it would find its way out at the extremities, as when it did so they felt so much less after-depression. This, I believe, is by no means unlikely ; but I fail to see the wisdom of the course when the question is the simple one, Why not prevent the appearance of the disease altogether ? The first change from health to disease is so slight that in its earliest stage harmless remedies can at once restore the patient to his normal condition, thus saving him a fit of pain and disease that will be certain to attack him a few days later. In this view, what I most desire to impress upon all is that the *prevention of any disease is far better than*



*its cure*, and to this end all medical skill ought to be directed. This, however, no medical man can achieve unaided. The patient must watch for himself, and summon, without delay, the aid of those whose knowledge and experience may benefit him. If this simple caution were invariably adopted, and poisonous remedial agents less used, we should soon see a race of far healthier men and women than we have now, and hear much less of hereditary diseases and their consequences.

Having premised thus much on Gout and its premonitory symptoms, I now proceed to detail my method of cure.

In Acute Gout I generally give a dose of my Emulsion the first and third night, and on the first, second, and third day—three times during the day—a powder, according to my patient's constitution, composed of the finest Turkey Rhubarb and Calcined Magnesia, in water. The quantity in the dose varies considerably, and is determined by my experience and the state of the patient. The effect of the Magnesia thus combined with the Rhubarb is invaluable in Acute Gout. It neutralizes the lithic acid in the system, while its effect in conjunction with the

Rhubarb, by inducing a more healthy action of the liver, assists the natural assimilation of food, and prevents the excessive formation of the acid. As a proof of this, pain diminishes, the appetite improves, the tongue cleans, the skin resumes its functions, and the urine becomes more healthy. When I find the urine is high-coloured and there is much fever, I give Spirit of Nitrous Ether, Cinnamon Water, and distilled water, until the urine returns to a healthier state, and the fever subsides. In other cases—which, of course, depend on the special state of each patient during an attack—I give a powder of Rhubarb and Magnesia, administered in water, three times a day, with Emulsion at night; and again, in other instances, I give a combination of Magnesia and Sulphur, with a similar draught at night. Not in one case out of a hundred under my care for pure Gout have these remedies failed. Generally my patients are free from acute pain in twenty-four hours, or as soon as the powders and emulsion have acted fully. By that time the Gout shows itself freely at one of the extremities. This I keep covered with medicated cotton to induce perspiration, and to soothe and protect the part affected, and on the fourth or fifth day

my patient is generally able to walk about again. Let it be clearly understood that this result of treatment applies to pure Gout as it is seen in its earlier stages, and before the patient's constitution has been much undermined by drugs.

For diet, I allow fish, poultry, game, rice, and clear soups; indeed, avoiding anything rich or greasy, almost any simple food the patient may fancy. As soon as the Gout has declared itself at the extremities, I allow, once or twice a day, according to the patient's habits, a glass of good, sound Chablis in sodawater which is specially prepared, and contains only a small quantity of soda.

By these means I have cured numerous patients; and, as a cited fact is always more satisfactory than a general statement, I will now adduce one of the many cases from my note-book in which I treated pure Gout successfully on the above method.

A gentleman, the head of an influential London firm, aged forty, sent to me at the commencement of an attack of Acute Gout. I found him in great pain, extending from the hip to the foot, with his pulse full and bounding, skin dry,

tongue loaded, urine scanty, very high-coloured and acid. His account of himself was, that he had not felt well for some days before the Gout showed itself, which it had done that morning. An attack commencing as this did almost always seized him in the spring and autumn, and generally kept him confined to his bed for three or four weeks, and then usually another fortnight elapsed before he was able to throw it off completely. It was about noon when I was sent for. I gave at once a powder of Rhubarb and Magnesia, in water. This was repeated at four o'clock. At night I ordered a dose of Emulsion to be given him. He suffered some pain during the early part of the night, but after an action of the bowels at three in the morning, it subsided so as to enable him to sleep. About eight a.m. the powder was repeated, and when I saw him about ten he had but little pain except in the foot and ankle. His bowels had acted freely, his tongue was less furred, pulse softer, urine lighter in colour and much increased in quantity; his skin was moist, and he was asking for breakfast, his appetite, which had been very uncertain for some days, having partially returned. The Gout showed itself both in the

foot and ankle, which I directed to be kept covered with medicated cotton. I continued the powders three times during the day, which produced three actions of the bowels without any weakening effect. On the following day the powders were repeated thrice, and the next day the patient expressed himself as feeling quite well, except that he had still pain from pressure on the great toe of the affected foot. On the fourth day, with one powder before breakfast, he was able, to his great astonishment, to go into the City, and in a week was quite well, taking his ordinary exercise. My patient was told by his former physician that it was impossible the attack could have been cured in the time, that the disease was only put back, and that he would soon experience another and more severe seizure to make up for it. Upon his relating me this, I inquired, "Do you feel as if an attack of Gout were hanging about you?" He replied, "No, and it is a long time since I have felt so light and well." I then asked him, "Is not your tongue cleaner than it has been for some time?" to which he answered, "Undoubtedly," adding that he had not the slightest indigestion, and that nothing now seemed, as it did

before the attack, to disagree with him. From the rapidity with which my remedies had checked and released him from his pain, he expressed his entire agreement and belief in my statement that I considered him more free from Gout than after any previous attacks, and consequently less liable to a return of the malady. At the same time I desired, if indigestion, headache, checked perspiration, or any of the many warnings I pointed out to him, showed themselves, to let me know at once, and I could easily prevent the threatened attack. I also told him that a fit of the Gout could not come on without certain premonitory symptoms, which were indicative of an excess of lithic acid in the blood; that when these symptoms appeared I could control them by neutralizing the lithic acid, and prevent his indisposition continuing until it had culminated in another attack. Of this, as he admitted, he felt assured after the proof I had given him. In three months afterwards he had some slight threatenings, but I prevented the mischief, as I told him I would, by the same method. After Christmas, when he expected a severe attack from some over-indulgence while on a visit to a friend's country-



seat, I was sent for, and again prevented the return of the disorder. I saw him occasionally for another twelve months, during which he was entirely free from Gout, and it is only just to myself and my method to say that he had lost all his former dread of the disease, and in consequence was much more careless in his mode of living. So that if from this reason there were any threatenings I was sent for, and two or three doses of my remedies carried off the cause of the disarrangement. Owing to his leaving England I lost sight of him for three years; but upon his return he told me he had had one severe seizure, from sitting some time in wet clothes, since which, he said, he had been free from the disease. Now, under a treatment by which, with other medicines, he had always taken Calomel and Colchicum, this gentleman had, every spring and autumn for six or seven years regularly, an attack that lasted for five or six weeks, while between each illness he never felt his system so free from the malady as to render him safe against its return at any time. Fortunately for him, he had a very fine constitution, and directly he got about was in the habit of taking violent walking exercise, which

assisted to relieve his system from the medicines he had taken during such attacks.

The foregoing case of the cure of Gout effected by my method of treatment is one selected from a large number. But as no two constitutions are precisely alike, so no two attacks of Gout exactly resemble one another; hence great discrimination on the part of the medical man is necessary to guide him as to the administration of the remedies required, and the time at which they should be given. This, experience and practice alone can give; and although, when a medical man makes a specialty of the cure of any class of disease, he soon acquires very great facility, yet in all cases his treatment, to be successful, must be modified by the symptoms which arise during his attendance, and the results of the analyses of the urine, and this no method of cure can exemplify.

The different effect of a single medicine on different constitutions is so well-recognized that there is no need to enlarge upon that portion of the subject. I can, however, lay claim to this much, that in the varied experience of 17 years I have never seen a case of metastasis to the heart, brain, or



stomach arise in the course of my treatment for Gout, except where those organs or the kidneys had been previously diseased ; that the pain lasts a much shorter time than under any other mode of treatment I have tried or seen tried ; and that the tendency to a return of the attack must be less frequent than when the digestive organs have been debilitated by the depressing influence of injurious drugs taken to mitigate the pain.

One great object I have in view in writing these pages is not only to show how Gout can be *cured*, but to point out that, with discrimination and experience on the part of the medical man, aided by his patient, it is not difficult to *prevent*.

Why is it that one man is more prone to this disease than another ? Without doubt, it is owing to hereditary or constitutional predisposition ; for if two men of different temperaments, the one gouty and the other not, commit similar excesses, by overloading the stomach with more food and wine than they can digest, you will find that in the gouty subject the imprudence brings on an attack of Gout, whilst the other suffers only con-

siderable nausea, and severe bilious disarrangement.

Assume that both these men previous to their excess enjoyed equally good health, and had all their functions in their normal condition: why then should an attack of Gout, arising from repletion and indigestion, be considered such a serious disorder as to be incurable by some such harmless means as are applicable in a case of biliary disturbance brought about by a like cause?

And what change shall we find to have taken place in the condition of these two men? In the gouty subject, there will be loss of appetite, greatly impaired digestion, coated tongue, irregular action of the liver, costive bowels, hot and dry skin, and restricted action of the kidneys, as evidenced by the state of the urine. These symptoms, if unchecked, all favour the formation and accumulation of lithic acid in the blood, which would soon terminate in an attack of Acute Gout.

In the other subject we should find most of the like symptoms of disordered digestion, except that there might be more nausea, and probably vomiting or purging; after which, the skin

would act more freely, the kidneys would secrete more urine, and by these means the system would be freed from many impurities.

Is the belief unreasonable that, once he knows how to interpret the indications of Nature, the physician should find much more difficulty in the cure of Gout than in that of biliary disturbance?

In the latter case, no medical man would hesitate to promise a speedy cure by the most harmless means. Nature already having relieved the overladen stomach by the vomiting or purging, it would only be necessary to regulate the action of the liver, and then, by another purge, to carry off any impurities or undigested food through the intestines. Should there, then, be a greater difficulty in performing a cure in the former case, by means equally harmless? My experience and treatment have taught me that there should not; and by first understanding and then following the course that Nature has suggested, I have found no difficulty in restoring to healthy action the stomach, bowels, kidneys, and skin. The accumulation of lithic acid about the organs of digestion is thus checked, and all danger of morbid action from that source is pre-

vented ; so that whatever amount of disease may remain lurking in the system, it will be expelled at the extremities ; all the vital functions will return to their normal condition, pain will cease, the patient's appetite revive, strength improve, and in a few days all symptoms of Gout will have subsided. I have had no greater difficulty in curing many such cases by the judicious administration of the remedies I have indicated, than in curing indigestion and its consequences.

But if a patient, instead of being treated with a view to the healthy restoration of his vital functions by the removal of the *cause* of his complaint, is dosed with such specific poisons as Mercury and Colchicum, in the hope of alleviating the gouty symptoms, and by narcotics to prevent a consciousness of the pain resulting from his diseased state, little progress is made towards his cure. All the functions will continue to act in the same irregular manner, until at last—after many hours, or even days, of excruciating sufferings, it may be—a natural crisis of the disease occurs, in defiance of the medicines, and the poison too long retained in the blood shows itself at the extremities in the form of Gout. Or more frequently, if the constitution

has been much enfeebled, the disease gradually assumes a less pronounced form; under the depressing action of improper medicines, more organic disturbances occur; the patient becomes daily weaker, from the poisonous effects of the lithic acid with which his blood is charged, and finally discovers that, instead of being an occasional sufferer from Acute Gout, he now suffers from a continuous subacute form of the same disease, and that, in fact, his original complaint has taken the form of Chronic or Rheumatic Gout.

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## RHEUMATIC GOUT.

I shall now explain, as clearly as possible, my method of treating Rheumatic Gout. In many cases, I consider this complaint to be so much the result of either Gout or Rheumatism (the original disease assuming a new form from the nature of the medicines used) that to treat it with success—indeed, before an effectual remedy can be suggested—practice alone must teach us the extent to which a patient is suffering from former drug-poisoning, and how far his disease is complicated by it. Every

day I am more convinced that there are few sufferers from Rheumatic Gout, with contraction and inflammatory action of the joints, whose condition cannot be traced to the effects of Mercury, and few with depression and organic disturbances whose sufferings may not be attributed to Colchicum. Assured of this, I satisfy myself of the patient's predisposition to Gout or Rheumatism, and prescribe accordingly.

If I have a patient who is of a gouty temperament suffering from Rheumatic Gout, I usually find that the seizures have commenced with attacks of Gout, and that by degrees these have assumed less and less the appearance of pure Gout, and have taken the form of Rheumatic Gout. Having searched for, and found indications of the consequences of Mercury, I then commence my treatment by giving a powder of Rhubarb and Magnesia in water (once, twice, or thrice a day, according to circumstances), and, at night, a dose of Emulsion. The following day I repeat the same medicine thrice, and at night, should there be much febrile disturbance, a draught containing Spirit of Nitrous Ether. If the powders produce four or five actions of the bowels during the

day, I continue them, with this draught, at night; but if, as it sometimes occurs, they do not act freely, I then substitute for the morning powder a dose of Emulsion. After twenty-four hours of this treatment, I generally find my patient with much less pain and fever, and with the gouty inflammation showing itself freely at the joints of one of the extremities. This I cover with medicated cotton as previously described. The increased action of the bowels arises generally from my remedies causing the liver to act more freely, and thus there is a greater flow of bile into the intestines. Then my patient's tongue begins to clean, and his appetite to improve; whilst the pains become less severe. At this period, by carefully watching and analyzing the urine, by the state of the tongue, by the action of the bowels and skin, and by my own experience of my patient's constitutional vigour, I am enabled to determine whether it is necessary to act more upon the kidneys or upon the intestines. On these internal remedies for the first four or five days I rely, occasionally increasing the quantity of Rhubarb, or substituting for it Sulphur, as the state of my patient guides me.



In severe pain, without redness, I apply an anodyne or stimulating embrocation to the joints affected, after which I cover them with medicated cotton, entirely excluding the air. Directly the feverish symptoms and pain diminish, I allow my patients to take with solid food, good Chablis in sodawater. I begin with one wine-glassful a day, and this I continue as long as I find the liver and kidneys acting as I require and the bowels as I wish. I then gradually increase the quantity of wine. When the attack is subsiding, the tongue quite cleansed, and the urine more healthy, I substitute—guided, of course, by my patient's constitution—for the Rhubarb and Magnesia powders, Magnesia and Sulphate of Quinine, or a dose of the decoction of Peruvian Bark and Sarsaparilla, which I direct to be administered at eleven and four o'clock, with the former draught at night. In a few days these remedies go far to restore the invalid to a state of convalescence, after which, the use of mild tonics, continued attention to the action of the bowels, a judicious diet, with fresh air and gentle exercise, completely effect the cure. Should any relapse occur, from imprudence on the part of the patient, or from ex-

posure to cold before perfect recovery, I attack the symptoms that present themselves, with one or other of the remedies mentioned.

And here it would be well that I should take the opportunity of reminding all sufferers from Gout and Rheumatic Gout, that there are no diseases which, during an attack, require such constant supervision on the part of the medical man, nor any in which, by injudicious or ignorant treatment, such fatal results may so speedily occur. For when once the blood is charged in excess with the poison that causes Gout or Rheumatic Gout, the complaint may at any moment assume a dangerous form and attack the vital organs; and the indications of such danger will be apparent only to a medical man who has made the treatment of these diseases his study. So that, however good the method may be under which patients are being treated, there may be times when the varying of that method, by a trifling alteration in the medicines prescribed, would make the difference between a speedy restoration to health and a prolonged and painful illness; and although I trust much that I have written may save those who are constitutionally predisposed to these diseases from

attacks, by directing their attention to the great good they may derive by checking premonitory symptoms without the use of either poisonous or patent medicines, still, it must be borne in mind—would they avoid the dangers I have mentioned—that those who attempt to treat themselves without medical supervision do so with but slight chance of success, and at a terrible risk of fatal consequences.

Having thus stated my method of treatment for a patient under an attack of Rheumatic Gout, originating in pure Gout and confining the sufferer to his bed, I now turn to Rheumatic Gout, where the patient is of Rheumatic temperament.

In Rheumatic Gout of this character, where the original malady has been Rheumatism, and there is in consequence much debility, I have frequently had great difficulties to contend with. I give my powders, the Emulsion, and a draught, for the first few days, as in the former case. I have then, sometimes, found it necessary to discontinue the powders, and substitute—if the feverish symptoms were severe—small doses of Spirit of Nitrous Ether and Tincture of Myrrh in water, every three hours,

with a pill of Rhubarb one night, and a dose of Emulsion the next. And after anointing all the joints that are in pain with a suitable embrocation, I cover them up completely in medicated cotton. If the patient does not suffer from very severe pain, by degrees, and according to the action of the liver and state of the urine, I increase the intervals between the administration of the Spirit of Nitrous Ether and Tincture of Myrrh, and as the feverish symptoms subside, I give in the forenoon a powder with Magnesia and Sulphate of Quinine, or a pill of Sulphate of Quinine and Magnesia. If the effect is favourable, on the second or third day I give the powder or the pill twice. The diet should be as nourishing as it possibly can be, without producing indigestion or feverish symptoms, and the wine given in larger quantities than in the former case. This phase of the disease, however, is of so frequent occurrence, and requires such great care in watching, that I only profess to generalize my method of treatment, which experience often requires me to vary in many instances. For this reason, and rather than generalize further, I will detail the particulars of a very severe case of Rheumatic

Gout, accompanied by great debility, which in four months yielded entirely to my method of cure.

A patient consulted me for this disease in March, 1862. He was about forty-eight years of age. He commenced the history of his case by telling me that his father and mother had both died from the consequences of Rheumatic Gout, and he felt quite sure that his own death would result from the same disease. On account of his continued suffering, life, he said, had already become a burden to him. His description of the origin of his malady was as follows : His first attack came on some few months after a very severe illness, during which he had taken a large quantity of Mercury. The attack of Rheumatic Gout was a very severe one, and there was an interval of two or three years before he was again a sufferer. In the mean time, whenever he had the faintest threatening of the disorder, he doctored himself with Colchicum and various patented Gout pills, and in this way he had some few attacks before the year 1856. Then he had a very severe seizure, which he was totally unable to throw off for three months, and which left him shockingly

debilitated. During this attack he took very large quantities both of Calomel and Colchicum, from the effects of which he believed he had never recovered. From that time until my first visits to him, his fits of suffering, he said, had become more frequent; each year he was less able to throw off the disease, and he pronounced himself hopeless of finding a cure or a mitigation of his pains. He could not attend to any business for fear of being laid up with Rheumatic Gout, and being unable to keep his appointments. He knew from sad experience that he might at any moment be seized with a severe fit. A slight cold, or an accidental blow on any part of his body, was certain to bring on an attack. A chill, a fit of indigestion, any mental excitement or annoyance, were equally provocative of the same result. When I first saw him he walked with crutches; he was obliged to sleep on the ground floor next his sitting-room, being unable to get upstairs; and from the continual use of Colchicum, he was in a state of great mental depression. He was very certain I could do him no good, but consulted me, he said, to satisfy the repeated persuasions of some

friends whom I had cured of the same complaint.

On examination, I found the usual signs—feeble pulse, irregular action of the heart, coated tongue, hot and dry skin, urine high-coloured, complexion pale and sallow, bad appetite, and irritable bowels. There was at that time no very great inflammatory appearance about his knees or feet, although he complained of much pain in his ankles, knees, and feet. I commenced my treatment by administering a powder of Rhubarb and Magnesia three times a day. This produced a slight increase in the action of the bowels. On the second day I gave the powders twice, and ordered a dose of Castor Oil at night. On the following morning the bowels were well relieved, and I found my patient suffering less pain and in the possession of some returning appetite. The powders were then continued for two more days, when, upon examining and finding no great improvement in the state of the urine, I discontinued the powders, and gave Spirit of Nitrous Ether and Tincture of Myrrh, in water, three times a day. At the end of three weeks of this treatment, with a dose of Castor Oil every second or third night, as I



found the bowels required it, the patient had made great progress. His spirits had revived, his pulse was fuller, tongue cleaner, bowels more regular, the quantity of urine healthier, and his appetite much improved. He could do without his crutches, and walk up a few stairs without much discomfort.

I now commenced a more tonic treatment, giving Magnesia and Sulphate of Quinine at eleven and four o'clock, and the Spirit of Nitrous Ether and Tincture of Myrrh only at night. Ten days after I was able to increase my tonic of Sulphate of Quinine twice a day. The effects of the strengthening process now began to show themselves, the patient's digestive organs being greatly improved. He could eat almost anything without discomfort, was allowed two glasses of sherry in soda-water daily, and as his system regained its tone, he was able to expel the poison from the blood through the extremities. His knees gradually became better; but in the left foot and its great toe there was an unmistakable appearance of inflammatory Gout, such, he said, as he had not seen for some time. In this attack, by the administration of the powders of Rhubarb and

Magnesia, with a draught containing Spirit of Nitrous Ether at night, instead of the Magnesia and Sulphate of Quinine, I got rid of all inflammatory appearances on the fourth day. I then discontinued the powders, and gave a pill of Magnesia and Sulphate of Quinine twice a day, with a pill of Rhubarb at night. This treatment I continued, with a dose of Castor Oil, instead of the pill at night, once a week. I persevered with these remedies for nearly a month, and my patient made almost daily improvement. At the end of the month I increased the quantities of Sulphate of Quinine (still watching to see that the action of the liver and the state of the urine were as I wished), and at the end of four months from the commencement of my method of treatment, the patient was able to go to the seaside, completely free from any gouty symptoms. All suffusion and stiffness of the joints had subsided, his digestion was perfectly healthy, and his bowels were acting properly without medicine. His pulse was regular, and his spirits were as good as he or I could desire. Inshort, as he himself expressed it, he felt "quite another man," and had no fear of the return of his complaint.

I told him I saw but few traces of his old disease, or its effects, in his system, and that if he were prudent and avoided Calomel and Colchicum, and did not neglect his digestion or take severe cold, he would probably be a long time without any attack of the disorder; and that even in the event of a recurrence, the seizure, under my treatment, would only be likely to last three or four days.

In this case, in the early stage, I used an embrocation to the joints, wrapping them in medicated cotton, and keeping them thus covered until all pain and discomfort had subsided.

Meeting this patient in the course of the following winter, he told me that he had continued as well as when I had last seen him, and that he felt constitutionally much stronger. In 1865, again meeting him by chance, he informed me that he was, and had been, quite well, with the exception of a slight attack of pure Gout, which passed off in three days, and that he had been taking little or no medicine, and did not believe he had ever been better in his life.

I will now instance three cases of long-standing Acute Rheumatic Gout, to show the

rapidity with which the pain and the disease were cured by my method, although the patients, from their various occupations, were very differently circumstanced ; and undoubtedly the tendency to the complaint in each case had been developed and was sustained by very opposite causes.

A waiter in one of the old-fashioned London wine stores came to me on the 5th September, 1865. He was then suffering so acutely from Rheumatic Gout in his foot and ankle that it was with great difficulty he could enter my room, even with the aid of a strong stick. He stated that he had been suffering a martyrdom from pain in the foot for many months, for which he had tried all sorts of medicines—patent and otherwise—with but little benefit. He had also been for four or five months under treatment at the London Hospital with no better result. He was almost without hope that any treatment could cure him, as the medicines that formerly slightly alleviated his pain had completely lost all effect except to depress him. I found his foot and ankle much swollen, but without redness ; his pulse was very feeble, tongue foul, and much coated at the root ; his bowels were

either costive or irritable, and his urine generally high-coloured and scanty. I directed him to go home, wrap up his foot in medicated cotton, and take a powder of Rhubarb and Magnesia in water three times a day, and continue this treatment until I next saw him. On the 9th September he again came to me. There was then a marked improvement in all his symptoms; all pain in his foot and ankle had subsided since the 7th, and the swelling was now gone, so that he could wear his ordinary boot, and walk without the support of a stick; his tongue was cleaning, his bowels had acted copiously, his urine was passing very freely, and he said he felt himself better and less depressed than he had done for some months. I made an alteration in the quantity and proportion of the powders, which I now directed him to continue to take only twice a day. I saw him again on the 11th September, when his foot and ankle were quite free from all pain or swelling, and he was without the slightest weakness in the foot. He told me that after the action of the last powders he had felt so much stronger that he had on the 10th walked seven miles before breakfast, and on

that morning, the 11th, had gone on foot from Stoke Newington to London, to resume his occupation, which he could now do. He added that he had not walked so well nor so much for six months. I gave him some general directions as to diet, &c.; and when I again saw him, accidentally, some three or four months later, he was then, and had continued, quite well.

The second case is that of a man-cook at one of the City dining-houses in Cheapside, who consulted me on the 4th September, 1865. He told me he had been at intervals for many years a sufferer from severe attacks of Acute Rheumatic Gout, that he had had intense pain in his right hand and wrist for many days, during the whole of which time, and for some weeks previously, his hand had been quite powerless, and that the sensation was now almost unbearable. On examination I found his hand much swollen and inflamed, and on his right elbow an open sore that had been caused by the continuous application of mustard poultices, employed in the hope of relieving the pain. He was constitutionally much depressed, with a very feeble pulse; his skin was acting very profusely, and his urine was very



scanty ; his tongue was clean, and his bowels were acting regularly. He said he believed that at different times he had tried, with little effect, almost every patent medicine advertised to cure his complaint ; that he had also taken large quantities of Colchicum, which had now completely lost its power in relieving or even mitigating his pain ; and that no medicines seemed to act in any way to stop his attacks.

I directed him to take a dose of my Emulsion at night, and on the following morning a powder of Rhubarb and Magnesia in water, which he was to repeat, three times a day, until I again saw him. On the 6th September, he said all pain had left his hand, after the action of the Emulsion and powders on the previous day ; he had had no return of the pain at night, was now quite free from it, and he was able to use his hand. His pulse was firmer, his bowels acting freely, and urine passing in much larger quantity ; and he said he felt far better and stronger than for some time past. On the 8th he was still improving, had had no return of pain, and was able to use his hand better. I now changed his powder to one of Magnesia and Quinine, to be taken twice a



day. This he continued to take until the 14th, when I last saw him; then he was quite well, with a good pulse, and his bowels, skin, tongue, and urine in a healthy state, and without a symptom of pain or weakness in his hand or wrist.

The third case was that of a merchant in the City, who came to consult me on the 10th August, 1865. He said he had been ill for three months with his first attack of Rheumatic Gout, to which he feared he was constitutionally predisposed, as his father had been a great sufferer from the same complaint. He had gone through the ordinary treatment by Calomel and Colchicum, with so little benefit that he was ordered to go to Wiesbaden to drink the waters. This he did, and for the time was relieved; but on his return to London the pain and inflammation showed themselves in the great toe, when further treatment failing to remove the suffering, one of his friends recommended him to consult me. When I saw him he was quite lame with Rheumatic Gout in the foot, the toe of which was inflamed and swollen, and in considerable pain. His pulse was feeble, his tongue clean, bowels acting regularly, and urine abundant. I prescribed a powder of Rhubarb and Magnesia in water three

times a day, and saw him again on the 12th; then his pulse was stronger, all pain and inflammation had gone from the toe, and he said they had ceased after the action of the medicine. I now made a change in the quantity of his powders, and saw him again on the 14th, when, as all the symptoms were still improving, I ordered him a powder of Magnesia and Quinine, and this he took twice a day until the 17th, when he was able to wear his ordinary boot and to walk as easily as before the attack, and he was in every respect quite well, having had no symptom of pain since the 11th. I gave him some general directions in case he should have any threatenings of an attack, either in consequence of over work or cold, together with instructions as to what medicines to avoid should he again be ill. I occasionally meet this gentleman, with whom I have been on terms of intimacy since his cure, and he assures me that from that time he has never had another attack.

In the foregoing cases it will be seen that each patient was free from pain in from twenty-four to thirty-six hours, and that their cures were effected under ten days, although the cases were all those of Chronic Rheumatic Gout of

some months' standing. In the two first cases the patients' occupations were not such as to assist my efforts ; whilst in the last case the patient's system was so thoroughly freed from the *cause* of his malady by the seventh day, that, notwithstanding his inherited constitutional predisposition through his father, he has from that time to this—now five years—been without any threatening of another attack.

Before drawing to a close, I will add another case in which my method was signally effectual. A gentleman came to me, requesting my immediate attendance upon his wife ; she was dangerously ill, and her own medical man feared to take the entire responsibility of her case any longer.

Upon my arrival, I found that the lady had been for some weeks under treatment for an attack of Rheumatic Gout, which during the last few days had completely left the extremities, and that all the powerful medicines given—including Calomel to salivation—had failed to cause its return.

When I first saw her she was in a high fever ; her pulse was one hundred and twenty. She complained of great pain in the head, and had

been slightly delirious the preceding night. Her tongue was foul and raw ; there was no moisture on the skin ; urine coffee-coloured, and teeth loose ; she could keep no food upon her stomach, and had been incessantly vomiting, with intense pain, for four or five hours. The abdomen on pressure was excessively tender ; metastasis was undoubtedly taking place, and it was clear that the disease, if not promptly removed from the stomach and intestines, would in a few hours prove fatal.

I saw the patient was in great danger, and at once administered a powder of Rhubarb and Magnesia in water ; had her legs covered in hot flannels, and hot-water bottles applied to the feet. I then remained to see that the medicine was not rejected by the stomach. No sickness following its administration, and my patient appearing more tranquil, I left, ordering another powder to be given in four hours from that time. Six hours after my first visit I returned, to find my patient better. The powders had caused the bowels to act freely, all vomiting had ceased, and the tenderness of the abdomen was considerably less. I ordered the powders to be continued three times a day, and on the follow-

ing day gouty inflammation began to show itself unmistakably in both feet and ankles. The next night my patient slept well for the first time for many nights, and on the following morning all the feverish symptoms were subsiding rapidly.

These powders in the daytime, an occasional dose of Castor Oil, with a draught of Spirit of Nitrous Ether and Tincture of Myrrh at night, were the only remedies I used at this stage to turn the disease from the dangerous course it had taken.

In less than a fortnight my patient was free from discomfort, and was able to put her feet to the ground.

I cite this case to show the immediate effect of my remedies in freeing the internal organs from the disease, and driving it to the extremities—its natural outlet. This, I believe all medical men will support me in saying, is the greatest test of the value of a remedy in this usually unmanageable complaint, when metastasis to any vital organ is taking place.

It would be beyond the scope of this book to record many cases of the various cures I have effected; the proof of the value of what I write I therefore leave to the testimony of those

patients whom I have not only cured, but kept free from attacks of Gout and Rheumatic Gout ; and if they express themselves to others, on the effects of my method, with half the warmth they have done to me, then I think it will not be long before sufferers from these diseases will learn to believe, not only that they may look forward to a speedy alleviation, but in most instances to a *permanent cure*.

I have said but little about the value of analyses of the urine in these complaints ; but at the same time, I desire to record my belief that without these analyses it is impossible for any medical man to obtain such a knowledge of a patient's condition as will enable him to treat the disease with any hope of success. So strongly am I impressed with the necessity of constantly ascertaining the condition of the urine, that I have made not less than 9,000 to 10,000 analyses during the past few years. The results of these I have carefully tabulated, so that I am able, in a moment, to refer to any particular case or date. By this system of analyses, I have been frequently able *at once* to understand a patient's condition, and knowing this, have been successful in preventing the accu-



mulation of the lithic acid, and thus, in carrying off what would have culminated in an attack of Gout or Rheumatic Gout. I cannot, therefore, too strongly urge the necessity of the practice, as its results will enable the medical man to understand not only the present stage and cause of the malady, but to estimate by it the chances of the ultimate success of his treatment.

In conclusion, I desire most strongly to impress upon my readers the following practical results of my experience :—

Firstly,—That Gout and Rheumatic Gout, whether in their acute or chronic forms, are in the majority of cases curable by the administration of Spirit of Nitrous Ether, Rhubarb, Magnesia, Salicine and its compounds, Sulphur, Castor Oil, Castor Oil Emulsion, Quinine and other medicinal forms of the Cinchona Bark, and Sarsaparilla, with external lotions and embrocations.

Secondly,—When treated by my method of using the above remedies, depressing after-effects are almost unknown ; whilst it is equally impossible that contractions of the joints should



remain after the acute attack has passed, the action of these remedies checking the pain and the inflammation that results in the deposit of Urate of Soda, or *Chalk Stones*.

Thirdly,—That in our climate Mercury in any form causes fever, and induces disease and contraction of the joints; that it increases the tendency to the formation of Urate of Soda, makes the sufferer more liable to attacks, by rendering him more sensitive to damp, cold, and atmospheric changes, and is one of the principal causes of the alteration of these maladies from the acute to the chronic form; and that its effects on the system are cumulative, thus laying the foundation of severe chronic disease.

Fourthly,—That Colchicum causes, in proportion to the doses taken, loss of appetite, great nervous depression, much functional disturbance, and has the effect of greatly reducing the vital powers; that it prevents the natural outlet of the disease by the extremities; favours the retention of poison in the blood; and that its administration in Gout, or Rheumatic Gout, is, by depressing the system, one great cause of the malady eventually attacking the more vital

parts, such as the brain, heart, kidneys, bladder, and stomach; and that by its continued use, the natural action of every organ in the body is perverted, and, in consequence, the sufferer becomes in time, not only physically and mentally weakened, but hopelessly diseased.

Fifthly,—That in these complaints no form of Mercury or Colchicum need be administered, because these drugs at the best can only act as palliatives.

Sixthly,—That the excessive use of Alkaline drugs \* or Alkaline waters of any description, as evidenced by the patient's urine being either alkaline or neutral, is constitutionally very injurious. The effect of the continuance of this condition is to impede the efforts of the system to free itself of the excess of the lithic acid, and to induce suppressed gouty irritation. This, in a short time, is almost certain to cause an irritable or inflamed state of the tissues of the

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\* On this subject, I propose to write a separate treatise; but I may here say that the above remarks are based upon analyses I have made during the last ten or eleven years of some 10,000 specimens of the urine of patients suffering from Gout or Rheumatic Gout.

brain, the heart, or the kidneys, and may result in chronic disease of one or other of those organs. Then, there will probably follow loss of nervous power, ending in some form of paralysis, disease of the heart and its results, or the deposit by crystallization of lithic acid in the kidneys, one of the usual sequences of which, sooner or later, is the formation of stone in the bladder, with its attendant miseries.

And lastly,—That sufferers from the chronic forms of these disorders will derive no permanent benefit from any treatment that ignores or overlooks the injurious effect of Mercury, Colchicum, or the excessive use of Alkaline medicines on the patient's constitution; whilst, by the medical man who possesses the knowledge that will enable him to free his patient's system from the injurious effects of those medicines, it will be found that Gout and Rheumatic Gout can be easily controlled and cured by non-injurious remedies.

I have arrived at these conclusions after careful study; I must therefore hold firmly to tenets which my experience has taught me are *truths*.

So carefully have I worked the method I advocate, that for some years every drug I have

used in the treatment of these diseases has been submitted to such tests as satisfied me that it was pure and of the finest quality ; and all the medicines, too, which my patients have taken have been made up by myself, or under my personal superintendence. These details I admit were at first very irksome, but the knowledge derived from this extra care was soon so apparent, in the certainty with which my remedies acted, that I have never ceased to feel gratified at having been successful in developing a system which has produced such satisfactory results.

I am quite prepared for many objections to my method of cure, because I know it must be tried and proved by time, practice, and experience, before my brother practitioners will be brought to acknowledge the great value of the remedies I have indicated, and the immense results to be obtained in the treatment of these diseases by their careful and judicious administration.

Having given the results of my experience, tested by many years' practice, I can afford to await their verdict, assured that in time, what I have now written *must be accepted by the Profession as a great truth*, which will

lead to important changes in the system of treating many other diseases besides those which are the especial subject of these pages ; and that this may eventually occur is my earnest hope. Then, if through my instrumentality, a truth be disseminated that will check the practice of administering medicines simply to palliate symptoms, without preventing or removing the cause of the malady, I shall feel I have not worked in vain.

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### FURTHER INSTANCES OF CURES.

The following cases of Gout and Rheumatic Gout are selected from a large number of cures I have effected since the publication of the first Edition of this work. They have been chosen to support the views then put forth, and to show the benefit derived by patients from the treatment I advocate.

Each case is only a short statement of the patient's condition when consulting me, with the results of my treatment, and the facts have been extracted from the notes which my case-book supplies. Further experience teaches me that

I have rather under than over-estimated the frequency with which Mercury and Colchicum are prescribed in these diseases, and the quantity of these drugs contained in the patent medicines used by patients in self-doctoring; and as their injurious qualities are now even greater certainties to me than formerly, I have in many cases stated when these medicines have been taken ineffectually. I have also copied a few prescriptions from a large number that contained these drugs (omitting quantities) which patients have given me as now useless to them. These facts, it is hoped, will convince those who have the responsibility of treating patients suffering from Gout and Rheumatic Gout, as well as many of the patients themselves, that the fair trial of a treatment which does not require any form of Mercury or Colchicum, or the excessive use of Alkalies, and which cannot injure a patient constitutionally, is well worthy of their consideration.

In curing the patients whose cases are given, no medicines were used except those mentioned in my book.

CASE 385.—A clergyman, eighty-three years



of age, consulted me on the 2nd September 1871. He was then suffering from gouty pains and soreness in the feet, and the discomfort was so great that he could not walk more than twenty yards. He said that in spite of leading a very abstemious life, he had for some years been a sufferer from pure Gout, which attacked him for a few days at lengthened intervals. During the last two years he had taken Colchicum for the attacks ; and the disease then settled in his feet, and had not since left them. He commenced my treatment on the night of the 2nd September. On the 13th he was in much less discomfort and was walking longer distances with more ease. On the 9th October he said he had gone a mile and a half without discomfort, and that that distance was quite as much as he had been able to walk when he had been without the Gout ; on the 1st November he was walking quite as well, and suffered little or no soreness in the feet afterwards.

CASE 355.—On the 24th July, 1871, I was sent for by a lady who had been a great sufferer from Rheumatic Gout, which had completely distorted her hands. These were not now in acute pain,



and the patient knew that nothing could be done for the hands; but she required my advice to alleviate the pain in her back and left leg, which latter was completely powerless, as also to relieve the great depression from which she was suffering. On analyzing the urine, I found she was labouring under a form of suppressed Gout, and I prescribed accordingly. By the 31st July she was much better in all respects; by the 3rd August all pain was gone, and she had been able to walk round a portion of the Exhibition at Albert Gate. I then considered her sufficiently improved to quit my personal supervision for a change in the country; whence she wrote on the 11th August that she had quite lost all pain. I then commenced a more tonic treatment, which she followed for a month, by which time I deemed her well enough to discontinue the treatment, and up to the 4th May, 1872, when I last heard from her, she had continued free from attacks.

CASE 239. — On the 22nd April, 1871, a North-country gentleman came to me for advice. He was then suffering from Rheumatic Gout in both knees and feet. He had had Gout at times

since 1863, but this last attack—which commenced in the summer of 1870—and the treatment for it, had so completely prostrated him that he seemed to have no chance of rallying. He was in a most depressed state, and talked of giving up his Moors, as he felt he should never again be able to shoot, being now incapable of walking without great difficulty more than fifty or a hundred yards on level ground. He said he had been under what he considered the first medical treatment, both in London and in the North of England, and had taken the following medicines\* with so little benefit that he was considerably weaker then than at the com-

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\* The following are selected from the prescriptions given to this patient before he commenced my treatment. They are translated into English, all quantities and names being omitted :—

*June 28, 1870.*

Take of—Tincture of Yellow Cinchona,  
Ammoniated Tincture of Guaiacum.  
Iodide of Potassium,  
Wine of Colchicum,  
Mucilage of Gum Arabic,  
Water. Mix.

Make into a mixture. Take one-sixth part twice a day.

mencement of his attack, whilst the disease seemed to have taken a chronic form in both knees and feet. I changed in some measure his diet and wines, and told him he had better remain in London, to enable me to judge of the effect of my remedies. This he consented to do, and I commenced my treatment, which he fol-

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*Jan. 13, 1871.*

Take of—Sulphate of Quinine,  
 Bicarbonate of Potash,  
 Tincture of Orange Peel,  
 Wine of Colchicum,  
 Compound Powder of Tragacanth,  
 Iodide of Potassium,  
 Spirit of Chloroform,  
 Water. Mix.

Make into a mixture. Take one-sixth part twice a day.

*Jan. 15, 1871.*

Take of—Iodine,  
 Iodide of Potassium,  
 Rectified Spirits of Wine. Mix.  
 To be painted upon the affected part once a day.

*Jan. 30, 1871.*

Take of—Ammoniated Tincture of Guaiacum.  
 Carbonate of Magnesia,  
 Carbonate of Potash,  
 Camphor Mixture,  
 Solution of Acetate of Ammonia,  
 Water. Mix.

The sixth part is to be taken every three or four hours.

lowed ; and by the 27th he was much better and could walk downstairs with comparative ease. On the 3rd May there was still further improvement, and he told me on the previous day he had walked nearly three miles without much discomfort. I now found his progress so satisfactory that I told him he might return home, and that if any unusual symptom appeared I could advise him by correspondence. He wrote to me on the 13th May—"I am able to walk better than for two or three years, and without any after bad effects ; my knees have improved, but there is room for further improvement, and I am satisfied I am going on in the right way." He continued to improve,

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Take of—Liniment of Belladonna,

„ Aconite,

Hydrochlorate of Morphia,

Rectified Spirits of Wine,

Boiling Water.

Make a lotion. Add Carbonate of Potash.

*Jan.* 30, 1871.

Take of—Mercurial Pill,

Acetic Extract of Colchicum,

Extract of Colocynth,

Powder of Ipecacuanha,

Hydrochlorate of Morphia.

Make two pills. To be taken at night.

and I saw him in London on the 17th June, and then he told me he had walked for four hours one day in the previous week on very hilly ground without inconvenience. On the 5th July he reported to me that he had slight swelling and discomfort in the right instep, but that after taking my medicines this had nearly disappeared; by the 11th all pain, swelling, and stiffness had gone, and he was walking as well as before. On the 17th I again saw him in London, and he said he felt stronger and better than he had ever expected to be again. I told him that he now required no more of my treatment, except such as would enable him to keep his general health in order. On the 22nd August he wrote me from the Moors, on which he was then shooting, that he had been out from ten to twelve hours a day, and often in much wet, yet that he continued quite well.

CASE 273. — A lady, whose age was about twenty-five, consulted me on the 16th June, 1871, for a rheumatic affection. She was extremely depressed, with her extremities always cold and clammy. She had for some time past suffered from pains flying about her knees,

ankles, and feet, and they had now become very acute, but there was not then the slightest appearance of redness or swelling. The pains came on after a severe cold caught six months before. Her former medical attendant had treated her for Rheumatism, and had prescribed Colchicum until the system became so depressed that she would take no more. She then tried other treatment, but soon Colchicum was again administered with the same effect; whilst the pains now settled so firmly in the joints that she was very hopeless anything could benefit her. I saw this was another case of suppressed Gout, and commenced treating my patient accordingly. On the 20th she had well-marked Gout in the left foot, in which she was suffering great pain; but this she seemed willing to bear, as she told me she felt her system had been relieved of a great weight. Shortly after this, as the Gout came out, all other pains disappeared, except in the knees, and with this loss of pain all her depression vanished. My patient continued to improve, her knees got quite well, and on the 7th July she had only stiffness in the bone of the left foot. She was then able to leave London for a short visit, and on her return a fortnight after-

wards she was quite well, and told me her friends thought her looking ten years younger than before she commenced my treatment.

CASE 287.—A gentleman came to me on the 6th June, 1871, to ask my advice as to his state, which no treatment that he had hitherto followed seemed to benefit. He told me that his occupation was very sedentary, having the management of the books of a large firm at the West-End. He complained of great pain in the head, and behind the balls of the eyes, both of which were dreadfully bloodshot; this pain was more intolerable at some times than at others, and on these occasions it was so bad that he feared to lose his sight. There was no appearance of Rheumatism or Gout about him, but he had taken Colchicum until it so depressed him that he was obliged to discontinue its use. I commenced a treatment for the purpose of clearing his system, and the effect of this was that on the 13th June there was an improvement, showing itself in less redness about the eyes, and less pain in the head and at the back of the eyeballs: but there was slight rheumatic pain in the right ankle and knee. Upon analyzing the urine, I found my treatment must



be for suppressed Gout. The effect of this treatment was that on the 17th, when he came to me, he said that on the 14th the Gout had shown in the feet; it was then well developed in the right hand. All inflammation had left the eyes, the headache had gone, and his sight was as good as ever. By the 29th June the gouty symptoms were all subsiding, and there was no return of inflammation in the eyes; he had once or twice a threatening of pricking in the eyes, but the action of the medicine had always the power to stop it, and on the 13th or 14th August he was well enough to leave London with his family for the seaside. He had some little discomfort at first from the glare of the ocean: but after a few hot baths he quite recovered, and on the 6th September wrote to tell me that he was well enough to bathe in the open sea with benefit. Now in this case nothing was clearer than that my remedies had the power to remove the Gout from its dangerous position in the eyes to a point where it was comparatively harmless—in the hands—and finally to free the system from it altogether.

CASE 329.—On the 19th July, 1871, I was

consulted by a man who was employed at a tavern in Poplar. When he came to me the poor fellow was so helpless with pain that he was lifted out of the vehicle in which he came, and with difficulty brought into my house. He told me his age was twenty-six, that he had had Gout during two years, at first at intervals, but the last time for nearly six months. This attack had been upon him since the 9th April, and he had been during that time for six weeks confined to his room. He was suffering from severe Rheumatic Gout. He was in great pain in both knees and in his right ankle, and since April had not done a day's work. He had been under medical treatment, but latterly had only taken a patent Gout Tincture, which had done him no good after the first few doses. He commenced taking my medicine that night; after its action he felt much better, and his knees were free from pain. On the 24th July he came to me; he had been able to walk from Oxford Street to South Street, and had on his usual boots, which he had not worn for three months. His knees and left ankle were well and free from pain, but his right ankle was not quite strong. Up to the 31st July his knees continued quite well and

he had no pain in the feet, and his right foot was getting its natural shape. He said he had walked that day from London Bridge, and could get along nearly as well as ever, except up and down stairs; that he felt better than he had done for twelve months, and had been doing regular work for four days. He continued the treatment I advised, and again saw me on the 7th August; then he felt quite well, with all his joints free from the disease, in proof of which he stated he had that day walked from Poplar to my house in two hours and ten minutes, and intended walking back. On the 16th August he wrote me—"I can walk about all right, and feel better in myself than I have done for twelve months."

CASE 415.—An Admiral in the Royal Navy consulted me on the 30th September, 1871. He said he was of a gouty family; that he was himself first attacked with the disease in 1851, and had suffered at intervals until 1870, at which time, after a visit to Wiesbaden, an attack came on and remained in the foot for about three weeks, gradually subsiding under Vichy Water. In the spring of 1871 he

was ill with Bronchitis, from which he had never before suffered. This attack of Bronchitis returned from time to time, and left him with great pain in the chest, and often with a choking feeling in the throat. I only saw him on the 30th September, from which time my treatment was continued ; and he corresponded with me as to its results, sending me frequently the urine for analysis. On the 14th October he wrote me that he was decidedly better, and on the 20th all choking feeling in the throat was subsiding, and that it did not now disturb his sleep. He continued my treatment through the month of November, then he discontinued all medicines. On the 1st January, 1872, he wrote to say he was quite well in every respect.

I attributed Bronchitis in this case to the medicines which had been used by the patient for the cure of Gout. My treatment, being well followed, eventually relieved the system, and so effected the cure.

CASE 199.—On the 14th March, 1871, I was consulted by a tavern-keeper, who told me he had been a sufferer for some four years from

Rheumatic Gout, but that the disease had so increased during the last twelve months that he was obliged to go out of business, and had now been ill with it since the 12th November. He had been all this time under medical treatment, had taken quantities of of blue pill and Colchicum. He was very depressed, and at the time he came to me had Rheumatic Gout in the left hand, the right foot, and both knees so badly as to incapacitate him from walking. On the 14th he commenced my treatment; on the 20th his left hand was decidedly better, and he said he had been walking two miles, for the first time for six months. His general health and spirits were considerably improved, and he continued to make such progress, that on the 20th April he told me he had walked eight miles on the 15th, and felt well enough to resume business; that on the 17th June he was quite well, and afterwards able to walk four or five hours every day. I did not see him again until the end of the following October; then he told me he had been in perfectly good health. It is satisfactory for me to add that this patient is now able to take the management of a larger business than

before, and that his health is in every respect equal to his work.

CASE 210.—A gentleman, aged seventy-five, came to consult me and place himself under my treatment on the 12th April, 1871. He was suffering severely from great and continuous pain in the right shoulder and arm, which latter he was unable to straighten. He was experiencing a numbness and want of power in the fingers of the same hand, and at the time had severe chronic cough. He had been in this state for some months, and had tried many remedies without any permanent benefit. He at once commenced my treatment, and on the 26th April the pain in his shoulder had greatly diminished, and he could with more ease extend his arm. The numbness in the fingers had also ceased, but he complained now of “pins and needles” in the hand. On the 1st of May he was in so much better health that he was able to go to Scotland for fishing; thence he wrote to me, on the 18th of May, that he was continuing my treatment, that now the natural sensation in the fingers had returned, the fingers themselves were more manageable, and

that his arm was stronger. He continued to improve, and when I saw him in London, on the 6th June, he was quite well, and could extend his arm freely and without any pain in his shoulder. The feeling in the hand and fingers was now perfectly restored, and he was altogether in so satisfactory a state that I considered he required no further treatment. This case was one of suppressed gouty irritation, which no medicines had before tended in any way to neutralize, and thus to free the constitution from its consequences.

CASE 155. — I was consulted on the 7th February, 1871, by a market-gardener, aged forty. He said that for thirteen years he had been a sufferer from Rheumatic Gout, that his present attack had lasted some time, and had quite incapacitated him from attending to his business for the three previous months. He had taken numerous patent medicines and a great deal of Colchicum, which now no longer gave him relief, but caused the usual dreadful depression. For that reason he had discontinued it. I found him suffering seriously from the disease in the left knee and ankle, also in



the foot, which he was hardly able to put to the ground. He commenced my treatment on the 7th February, which he continued regularly. On the 9th, when I again saw him, he was in much less pain in all the affected joints, and could walk better; and when he came to me on the 13th February, I found his joints quite free from the disease; he seemed well, and said he felt so, and that he had walked to my house from the Victoria Station without the slightest inconvenience or pain, and intended to walk back

CASE 135.—On the 4th February, 1871, a tradesman who had been laid up with Rheumatic Gout since the 24th December, 1870, came to me. He had been confined to his room from that time until the day before I saw him; then, feeling somewhat better, he determined to come out and see me. He said he had been a terrible sufferer from Rheumatic Gout for eight years, the attacks having gradually turned from Acute Gout to Chronic Rheumatic Gout. He had been under numerous treatments, and taken, he believed, nearly every patent medicine, and now he was almost without hope, as for the last twelve months he had never been free from the disease,

or fit for three days together to attend to his business. He then had Rheumatic Gout in both feet and knees, and said the pain was flying about all parts of his body. I told him to go home and to bed, and take the medicines I ordered. I went to see him on the 7th, and then the attack had developed itself; he had it in both knees and feet, elbows and hands; he had had no sleep for two nights. On the 8th he was not in much pain, and had slept for six hours; from that time till the 17th he slept from six to seven hours during each night. Then all pain had gone, and he only felt tenderness in the affected joints. On the 23rd he was well enough to come and see me, and on the 1st March he went to Bristol to visit a relative who was ill. He continued to improve under my treatment, and on the 13th March he was well enough to walk two miles in his ordinary boots—a distance he had not accomplished for twelve months previously. He had continued well and able to work uninterruptedly to May, 1872, when I last heard from him.

CASE 243.—A gentleman, about sixty years of age, came to me on the 24th May, 1871.

He said he was then suffering from Rheumatic Gout in his knees and ankles, that he had little hope of ever being better, as he had been under treatment for many months with no permanent benefit, that it was now with the greatest difficulty he could walk, or even get up from his chair, and that the action of going downstairs was great pain to him. He gave me his old prescriptions which he said had done him no good, and I believe he told me that two medical men had declared there was nothing for him but to bear his state, as he would not ever be any better.

The prescriptions copied and translated are selected from a large number given in the three previous years by former medical attendants.\*

For three months before I saw him he took little or no medicine. He commenced my treatment on the 24th May; on the 2nd June he was much better, the stiffness in the knees

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\* *June 18, 1869.*

Take of—Calomel,

Acetic Extract of Colchicum,

Compound Extract of Colocynth,

Extract of Belladonna.

Mix and make into pills.

One is to be taken either every other night or twice a week.

decreasing, and he continued to improve until the 24th June. On the 27th June he was much better, and could walk downstairs with comfort. On the 28th he caught a severe cold, and was seized with an attack of Acute Rheumatic Gout, which confined him to his bed, attacking his elbows, arms, knees, and feet. He was in considerable pain for a few hours, but by the 3rd July there was a great improvement; on the 6th, all acute pain had ceased, and from that date his improvement was uninterrupted. On the 22nd July he was able to walk about, and by the 3rd of August was quite well, walking as well as he desired. In June, 1872, I met this patient in the City; and he said he had continued well, and free from any gouty irritation since he had last seen me, and could now with ease walk

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*Nov. 23, 1869.*

Take of—Bicarbonate of Potash,  
Sulphate of Quinine,  
Iodide of Potassium,  
Wine of Colchicum,  
Bromide of Potassium,  
Mucilage of Gum Arabic,  
Water. Mix.

Make a mixture. One-eighth part to be taken twice a day.

for two or three hours a day, without suffering any inconvenience.

CASE L. 237.—On the 6th August, 1875, I was consulted by a very eminent physician about his wife's health. She was a sufferer from a most excruciating pain extending from the right hip down the leg, in the track of the sciatic nerve. The pain was intermittent, and came on every night at ten p.m., lasting until the following morning at ten a.m. After this the leg was free from pain until the following night. In this state she had continued for nearly two years, during which time she had had the advice of four or five distinguished medical men, without deriving any permanent benefit. Latterly the pain had become more severe, and she had been obliged to take considerable quantities of opiates to enable her to get rest. Their effect, beyond the suppression of the sensation of pain, had now been to completely disarrange her powers of digestion. On examination I found the patient's general health much impaired and her system considerably fevered by the quantity of stimulants—such as stout, port wine, and brandy—and tonics that

had been given to combat the depression, and that, although she perspired freely in other parts of her body, she had no perspiration from the hip to the foot on the side in which the pain occurred. Her tongue was foul, her appetite most uncertain, and she suffered great thirst at times. On analyzing the urine, I found the origin of the disease to be gouty, and I commenced to treat her with the intention of freeing her system from the gouty poison. On the 16th August there was moisture on the hip, knee, and foot; and, at the same time, there was a decided decrease in pain and an improvement in the patient's sleep. On the 28th August she was steadily improving, and slept until two a.m., without taking any narcotics, and was much stronger. On the 18th September she was free from pain in the night—for the first time for nearly two years—and slept well. She continued to improve, and by the 1st November she was quite free from pain, without any indication of gouty irritation, and much stronger in her general health. I saw her as late as the 19th January, 1878, and she told me that she had not had any return of the

disease, or indeed pain in the leg in any form.

CASE O. 89.—On the 6th February, 1877, I was consulted by a lady who had suffered for nearly nine years from Rheumatic Gout, which had now become chronic, and had so affected her that she was sometimes for weeks scarcely able to walk from one room to another. She came to England from New Zealand for medical treatment, which was followed for more than two years without producing any improvement in her condition. I found that she had gouty swelling and inflammation in both knees, ankles, and feet, and had been unable to walk 200 yards (owing to acute pain) for the previous six months. This patient had once been severely salivated, by Mercury, given accidentally when in the Colonies, and from that time she had suffered more acutely and frequently in all her joints. I treated her first with the view to free the system from Mercury and then from Gout; she gradually improved, and at the end of three months was quite well. On the 5th June my patient was able to walk from Bayswater to



my house and back. About a month after this date her husband called to thank me for what I had done for his wife, and to say she had quite recovered her former walking powers and health.

CASE O. 238.—On the 18th May, 1877, a gentleman consulted me on his condition, for which he stated he was very hopeless of obtaining relief, as he had been for more than six months under medical treatment without benefit. He had a “bruised feeling” under the left foot, which prevented his walking, and he was exceedingly low, from the fear of a return of Gout in the foot. He had abstained from all but the lightest and plainest food, frequently going a week together without meat. I examined him and analyzed his urine. I found that the medical advice he had followed was suppressing the Gout, and the medicines he had been taking had induced an alkaline condition of the urine. I changed the medicines that were producing this alkaline condition and advised him to live more freely and naturally. On the 29th May he was without discomfort of any sort in the feet, and felt that

he was much stronger and better, in spite of having dined out three or four times a week. At this time the patient's improvement was such that I could allow him to go into the country, and from there he corresponded with me. Under my plan he continued to improve, and did not suffer any return of his complaint, although, by way of precaution, he still, from time to time, followed my advice up to the 19th August.

CASE K. 158.—On the 30th March, 1875, a clergyman from one of the West Indian Islands placed himself in my hands in consequence of having derived some benefit from the advice contained in my book, and which he had followed before coming to England. He had been a sufferer from attacks of Gout for more than twenty years; at first, in acute, but for the last ten years in more chronic form; indeed, latterly his health had completely given way under the disease and its treatment, nearly all his joints being so tender that he could with difficulty walk. He said the disease, he felt, was gradually sapping all his nervous energy. He was therefore resolved to

come to England to try the effect of rest and change of climate. His case was one of pure Gout, considerably complicated by the consequences of the medicines he had taken ; and I told him I could not undertake to obtain permanent relief except under a continuous treatment of some months. To this he assented, and I commenced to treat him. On the 28th April he walked three miles ; subsequently he had two acute attacks during my treatment, but on the 14th February, 1876, was quite well and able to return to his home and his duty. In June of last year (1877), he wrote me as follows :—

“For sixteen months now I have had no *attack*. When I feel Gouty symptoms, a dose of Rhubarb and Magnesia removes them. . . . This week I have ridden on horseback longer distances than I have done for years ; day before yesterday, thirty-six miles ; yesterday, fifteen ; to-day, twenty miles. I now do more work than most men. I have six churches under my care, at distances of eighteen, sixteen, twelve, and ten miles from my residence. Besides this, I have ten other minor stations that I have to visit. I have to keep six

animals for my work, but the more I work the better I feel."

CASE P. 13.—On the 5th October, 1877, there was brought to me a gentleman suffering from great general debility, and pain in the left side of the head, accompanied by thickness of speech, inability to articulate distinctly, and impaired memory. He was so helpless, that his condition had to be described to me by a friend who came with him. He had long been a sufferer from Chronic Gout, and had considerable deposits of chalk upon his fingers. These, however, showed no signs of irritation, and he did not complain of any gouty pain in his joints. One medical man, and his friends, I believe, considered him to be suffering from softening of the Brain. I examined him, and, after analyzing the urine, satisfied myself he was suffering from suppressed gouty irritation, affecting the nerves on the left side of the head, face, and tongue. For this I treated him. On the 9th October his memory was improving, and on the 16th there was further change for the better, but no indication of gouty irritation in his feet or hands. On the 18th he was un-

usually irritable, and on the 19th the pain in his head ceased, and he had a distinct attack of Gout in the little finger of the left hand. His memory became clear, and his speech was no longer indistinct. The Gout continued at the extremities, and on the 26th October he had very severe pain in both hands, with a considerable chalky deposit on the second finger of the left hand; this broke and discharged. The patient then became quite free from any discomfort in the head, and entirely recovered his memory, speech, and mental power. This was a case of Suppressed Gout, recognizable alone by the analysis of the urine, and for which any other than a treatment to clear the patient's system of Gout would have ended most disastrously.

CASE P. 10.—On the 2nd October, 1877, a lady, who had been for some time under my care, brought to me her daughter, who was suffering from Rheumatic Gout, and who had been under various treatments for it since the 23rd May. When I saw her she had great pain and swelling in both feet and in her right knee; also pain in her shoulders, which was greatly

increased by movement, and she was in so helpless a condition, that she could not get up or down stairs, except on her hands and knees. She had been under several medical men, and had also tried the Bath waters without benefit. I saw no difficulty in curing her. By the 16th October she was able to walk short distances, and the swelling of all her joints was subsiding. By the 2nd November she was quite well and free from all pain, and with only slight swelling of the right knee. She was able to walk four or five miles at a stretch. This patient, I am happy to say, has had no return of the complaint, and continues quite well to the present time.

CASE O. 94.—On the 5th February, 1877, a gentleman, living in the West of England, consulted me by letter as to his state, sending me urine to analyze. He was suffering severely from Chronic Rheumatic Gout, which had attacked nearly all his joints at the extremities, and in this condition he had been for some time. He was fearful he should never be better. I, however, saw nothing to prevent his recovery, and commenced treating him. His

progress was gradual. At the end of three months he was well, and able to leave home for change of air, and in July he came to me quite free from his old complaint. On the 6th January, 1878, he wrote from the country as follows :—

“Since I saw you last July, I have been wonderfully well of the Rheumatic pains—in fact, I never thought I should have been *so well* again.

CASE G. 103.—On the 29th January, 1873, a gentleman came to me, complaining of very severe pain in his right shoulder, extending into his neck and head. He believed it had been caused by severe cold. I examined him, made an analysis of the urine, and then told him the pain was the result of suppressed Gouty irritation, from his blood being loaded with an excess of lithic acid, and that I also found his kidneys were seriously affected. He admitted that at times he had felt slight discomfort in his back, but, as it had not lasted, he considered it unimportant.

I prescribed; saw him on the 31st January, 1st and 4th of February, when all pain in the



shoulder, head, and neck had ceased, and, with the exception of slight pain in one knee, he felt fairly well. The analysis of the urine, at this date, still indicated an undue acidity in the blood, as well as serious mischief in the kidneys. To relieve this, I strongly advised a continuance of treatment, but, as he had some important business in the North of England, requiring his immediate presence, he decided to leave London without following this advice.

On the 27th February, I received a message from this patient, begging me to come to him immediately, at the Charing Cross Hotel, as he feared he was dying. On my arrival, he said he had been in agony for three or four hours, from pain in the right kidney, which seemed as if a dagger was being driven into it. I sent my prescription to the chemist's, waited for its return, and having given my patient the first dose, left him under the charge of an attendant, as the pain he was suffering was so intense that he could not have been left alone with safety. On my return, in three hours, he said all pain had ceased two hours after he had taken the medicine, when he felt a sharp pain pass

from the kidney downwards, and afterwards all pain had subsided. He felt so well that he proposed to get out of bed and dress himself. This I would not allow, and, recognizing that the calculus had passed from the kidney into the bladder, changed my treatment to expel it from the bladder. This plan he followed without any return of pain in the back or kidney until the 2nd of March, when, at 2 a.m., he had an attack of very severe pain in the bladder, and, after considerable straining, passed a stone weighing nearly  $2\frac{1}{2}$  grains, accompanied by a large clot of blood. When I saw him on the same day he was much more comfortable; and, on the 4th of March, had quite recovered, and was able to attend to his business as usual. On this day I again analyzed the urine, and found no indication of the former unhealthy state of the kidneys, which had been caused by the pressure of the calculus.

In this case the patient's blood had for some time been charged with an excess of lithic acid; this had caused indigestion, for which he had taken considerable quantities of alkalies, as soda and potash. The effect of this treatment had been to retard the passage of the

lithic acid from the blood, and cause it to crystallize in the kidney. My analysis enabled me to recognize this condition, and, by medicines, to cause the passage of the stone into, and through the bladder.

Had this patient's case been misunderstood, and the stone been left in the bladder, it would then have increased in size, and, in a few months, an operation for its extraction would have been necessary.

In the last four years I have had fifteen nearly similar cases, all, in my belief, resulting from suppressing Gouty irritation by the excessive administration of alkaline medicines, which, by rendering the urine alkaline or neutral, changes the form of the acidity, and causes it to deposit in the kidney.













